

SOUTH JORDAN FITNESS & AQUATIC CENTER
PRE-COMPETITION SWIM TEAM



**Our program continues to build on the skills taught in swimming lessons. Improving technique, endurance, and preparing your swimmer for competitive swimming are our goals.
Join the South Jordan Tidal Waves today!**

Requirements: Must pass swim check on first day of practice.
25 yards Freestyle & 25 yards Backstroke

Ages: 7-14

Fees: \$45 Resident/\$50 Non-Resident
Fee includes Tidal Wave team shirt.

Program Dates: Program runs first three weeks of each month.
T/TH 5-6pm & Sat. 10-11am

Registration: In person or online at www.activityreg.com
Must register prior to first day of practice.

Contact: Janell Durtschi (801) 253-5203 Extension 1405

Dates and times are subject to change without notice. In the event of a pool closure or major holiday, a make-up practice will be held in the 4th week of the month.