



Did you enjoy swimming on town team or community team this summer?

Would you like to learn more about the fundamentals of competitive swimming?

Have you thought about joining a year round competitive swim team?

Delta Aquatics has a swimming program just for you!

WHO: Delta Aquatics provides a year-round competitive swimming program that offers challenging, yet success-oriented competitive situations for swimmers of all abilities. You must be 6 years or older and able to swim 25 yards freestyle and backstroke. New swimmers must attend an evaluation session on the dates below so skill and ability level may be determined for correct practice group placement.

WHEN: August 13th and 14th, 2008 (*swimmers are expected to attend both days*)
10 & Under from 5:15-5:45pm (Sign-up will begin at 5:00pm.)
11-12 from 6:00-6:45pm (Sign-up will begin at 5:45pm.)
13 & Over 6:00-7:00pm (Sign-up will begin at 5:45pm.)

WHERE: Oswego East High School pool – *Enter through Door 22*

What should I wear?

Swimmers must come to the evaluation session ready to swim. This includes:

Proper swim training attire. Baggy shorts or "beach wear" are not acceptable. Call or email if you are unsure what this means.

Goggles and a swim cap, if the child needs one or if the hair is at or past shoulder length.

Towel

What should I expect?

Evaluations will determine if the child is ready for organized competitive swim training. They are comprehensive and can be physically stressful. All activities are age appropriate and simulate what athletes will experience in actual workout sessions.

What should I bring?

Besides your suit, cap, goggles and a towel, please also complete the evaluation forms that can be found on our website (www.deltaaquatics.com) and bring them with you to the first evaluation night.

Why should I join Delta?

Delta's outstanding coaching staff will better your technique and provide practices that will improve your swimming all around.

You will have many opportunities to make new friends during practices, meets and team outings.

Our coaches strive to make each practice fun and rewarding for each swimmer.

We are a District 308 program which means all practices are held right in Oswego.

Your swimmer will experience success through practices and meets in a fun, safe and healthy environment.

What Makes the Delta Aquatics Program Your #1 Choice:

- * Low swimmer per lane & Athlete/Coach ratios
- * Highly motivating instruction: every day, every practice!
 - * Award-winning coaches!
 - * No practice requirements!
- * On-line stats, communication, e-mail updates, daily news available
 - *Social events - swimmers are friends in and out of the water
 - *No Fundraising Fees

Why not begin friendships now with those you may be swimming and attending school with in the future?

For more information please visit our team website at <http://www.deltaaquatics.com>
or email Coach Jessica Bogie at CoachJessica@comcast.net