

Dream
Believe
Achieve

You're Invited To Join USA Swimming and Mission San Jose Aquatics

We believe **YOU** have what it takes to be on our year round

SWIM TEAM!

Here at **Mission San Jose Aquatics** our goal is to produce an environment in which everyone can strive to realize the Olympic ideals of hard work, sportsmanship, competition and fitness. Ultimately swimmers will build self-confidence, self-discipline, integrity, and courage that will last a lifetime.



SwimAmerica



Mission San Jose Aquatics

Fremont's Finest Swim Team

Since 1989



Let us find the group that is right for **YOU**:

- **SwimAmerica Pre-Competitive**

Let our coaches introduce your SwimAmerica Stations #6-#8 to USA Swimming and progress your child to the "next level"! Practices are offered 2 days per week (Mon. & Wed. or Tues. & Thurs).

- **Age Group Training:**

These programs are designed for Swimmers ages 6-13, who have mastered the basics of freestyle, backstroke, breaststroke and butterfly. These groups are offered four practices per week, ranging from 45 minutes to 90 minutes in length, depending on the group they best suits your child!

- **Junior Group:**

These workouts are designed to challenge swimmers in both technique and training. Swimmers are introduced to test sets, goal setting, dry-land training, and a specific training cycle. These Swimmers are preparing for local competitions. Junior Group swimmers are offered five 90 minute practices per week.

**We have 9 distinct training groups and
WE HAVE A GROUP THAT WILL SUIT YOU!**

Try outs and Sign Ups

For Our 2011-2012 **YEAR ROUND** team are on
Tuesday, September 6, 2011 from 5:00-6:00pm
at Ohlone College Pool

For more information please call:

(510) 657-6750

Also visit: www.swimmsja.net

We recommend that you view our
New Member Handbook
found under our documents tab.