

## SUMMER TRYOUT SWIM CLINICS

Thursday, July 31 Kingwood Pool 10-11AM *12 & under* 11AM-Noon *13 & over* 

Tuesday, August 26 Bubble at Eastern State

> (on Moncure Drive) 6-7<sub>PM</sub> 12 & under 7-8<sub>PM</sub> 13 & over

Friday, August 29 Queen's Lake Pool

9-10<sub>AM</sub> *12 & under* 10-11<sub>AM</sub> *13 & over* 

\* If inclement weather check website for revised dates.

New families:
Join at tryouts and
receive a 10% discount
for the Fall session.

## WILLIAMSBURG AQUATIC CLUB

Join WAC!!! Become the best competitive swimmer you can be and have fun at the same time! For over 30 years, WAC has been instructing swimmers from beginner to Olympic levels. Our swimmers have continued to compete at Duke, Virginia Tech, UVA, Air Force Academy, William & Mary, Kenyon, Notre Dame and UNC to name a few.

## **WAC Offers:**

- Convenient local practices
- No work commitment for beginning level
- Monthly social events
- Latest filming techniques for stroke analysis
- Power Tower for strength training
- Core and Weight training for high-schoolers
- Florida Spring Training trip for high-schoolers

If your swimmer has enjoyed summer swimming, please come to our free, no commitment tryouts for year-round swimming. Talk to the coaches and find out what year-round swimming is all about. We welcome swimmers of any age or ability.





