

# RENEGADE AQUATICS

◆ ◆ Summer Swim Program at Adams Park Pool ◆ ◆

**Come join North County's Newest Competitive Swim Team!**



Renegade Aquatics welcomes dedicated swimmers of all ages and levels. Our novice and competitive swim programs are designed to meet the needs of all levels of swimmers, ages 6 through 18.

Emphasis is placed on learning and developing the four competitive strokes, endurance, technique, and racing skills, while focusing on teamwork, fitness, sportsmanship, healthy competition and fun. Swimmers will participate in novice swim meets, with an option to also attend USA meets.

Swimmers will also have the opportunity to compete in the North County Summer Swim League (encouraged, but not mandatory) during the month of July, as well as the championship meet on August 1.

**PACKAGE COST: \$150.00**    **SIGN-UPS:** Contact the team directly (phone, text, email info below)

## REQUIREMENTS

It is recommended that swimmers be able to swim the pool length (25 meters) independently without stopping and demonstrate backstroke without treading. If parents are unsure of their child's ability, assessments can be arranged.

## PRACTICE SCHEDULE AND FEES

Practice begins June 22nd at Adams Park Pool and continues through August (when HS polo starts). Swimmers should have proper suits, caps, and goggles at each practice.

Level	Days	Time
Novice	2 days, your choice	5-6pm
Intermediate	3 days, your choice	5-6:30pm
Advanced	4 days, M,Tu,W,F	5-7pm



The cost for the entire summer season is \$150.00. This fee includes team registration and USA Swimming membership, and meet entry fees for Summer Swim League.

Questions? Contact Coach John McGlynn at 760-390-4173 or [jmcglynn@renegadeaquatics.com](mailto:jmcglynn@renegadeaquatics.com)  
Team Website: [www.renegadeaquatics.com](http://www.renegadeaquatics.com) Like us on Facebook: Renegade Aquatics

*The Mission of Renegade Aquatics is to provide a safe environment and strong foundation for growth, for all levels of swimmers, so that our participants develop an appreciation for the sport of swimming, respect for their teammates and competitors, and a goal to reach their fullest potential.*

Renegade Aquatics works in association with Renegade Booster Group, a 501-c3 non-profit organization