

RENEGADIE

AQUATICS

Aquatics-Based Independent P.E. Program



Renegade Aquatics, North County's newest competitive swim program, is offering a new program that is geared towards families looking for a Physical Education program that will either introduce their children to the benefits of swimming in a fun, safe environment - or possibly help them train so they can join a competitive swim team in the near future. Many children that are home schooled or attend charter schools can benefit from an organized P.E. program. The participants will learn the basics of swimming – detailed instructions on all of the various swim strokes and an introduction into training techniques (kicking, pulling, turns, dives). All required training equipment will be provided. Swimmers only need to have a proper suit and (strongly recommended) goggles and swim cap.

The program will be offered at the Boys & Girls Club Baker Branch, located at 835 W. 15th Ave (15th & Tulip) in Escondido. The pool is heated year-round and has six 25-yard lanes available for training.

The P.E. program will be offered Monday through Thursday, from 3:00 to 4:00. Swimmers may attend any of these sessions, hopefully providing flexibility for the students and parents, but also allowing for whatever requirements are established by your school. Attendance will be recorded and reports can be provided to parents and schools that request them.

Please note that, for insurance purposes, *all participants must be registered with USA Swimming within 30 days of joining the Renegade program (and this fee is included with the program package).*

Renegade P.E. Package (February 5th thru May 29th)

Cost for the Spring Session is \$200.00. This price includes: all registration fees (including that for USA Swimming), training equipment, and certified coaching instruction. Optionally, you can pay \$50 each of the four months.

RISK-FREE TRIAL

To be certain that your child is comfortable with the program PRIOR to committing your fees, Renegade Aquatics offers the option to 'try us out' for your first day. This allows the athlete and parent to have a proper expectation before registering for the entire session. In addition, for those that would prefer not to wait until Feb, we will begin 3:00pm practices on 1/12 for potential participants. You may attend as many practices as you would like as an introduction to the program.

The primary instructor for these sessions will be John McGlynn, who has been involved in aquatics programs and other local youth sports programs for over 20 years. In addition to serving as head coach of the Renegade program, he has also coached local High School teams in Valley Center and Escondido. Other members of the coaching staff include Jennie Roberts (Classical Academy HS swim coach) and Andrea Hoff.

For swimmers seeking a more competitive environment, our year-round Renegade USA Swim team practices every day (M-F) from 4:00pm to 6:00pm. The swimmers are broken into 3 groups (novice, intermediate, advanced) where they focus on a combination of training, stroke development, and meet competition.

Questions or wish to register? Contact Coach John McGlynn at 760-390-4173 or jmccglynn@renegadeaquatics.com. Additional information can be found on the team website (www.renegadeaquatics.com) or our Facebook page (Renegade Aquatics).