



## Foundations Program

**This program provides a solid basis of aquatic skills and experiences that will lead to continuing development of competitive swimming ability. This is the perfect program for younger swimmers whose families are not able to commit to a competitive group. Foundations offers four sessions with two practices a week.**

**Prerequisite:** Must be able to swim 25 yards without any assistance (without touching bottom of pool and without touching the wall or lane rope). Must be 5 - 11 years old.

### **2016 - 2017 Start Dates:**

**Spring:** March 20th & March 21st

**Schedule:** Family selects a time and pair of days, Monday/Wednesday or Tuesday/Thursday  
Monday/Wednesday 4:00 - 4:50 pm - Student Aquatic Center  
Tuesday/Thursday 4:00 - 4:50 pm - Student Aquatic Center

**Cost** - \$160 (this includes a t-shirt and cap)

**Please visit our website for more information**

[www.tnaquatics.com](http://www.tnaquatics.com)

**Contact:** Jamie Haman

[jhaman@tnaquatics.com](mailto:jhaman@tnaquatics.com)