

Summer Swim League

2010 Bay Area Summer Swimming



Contacts

Greater Pensacola Aquatic Club Main Office
850-484-1312
GPAC Office @ The Club
850-916-Swim (7946)

Dates

Start Date: Tuesday, June 1st or
Monday, June 14, 2010
End Date: Saturday, July 31st, 2010

Fees

GPAC Members ~ \$35.00
Summer League Meet Entry Fees,
Swim Cap & T-Shirt

NON-GPAC Members ~ \$130.00 or \$115*
USA Swimming Seasonal Registration - \$35.00.
Summer League Meet Entry Fees,
Swim Cap & T-Shirt - \$35.00
Summer Training Fees
@ PSC & MAC - \$60
*@ Club & Tanglewood ~ \$45

Note: Non-GPAC members must pay their fees at registration and are not eligible for USA swim meets. To be considered as a Non-GPAC member the swimmer must not be USA Swimming registered for 2010.

Please visit the GPAC website for Meet Information.

SIGN UP NOW!

You may register at any time by calling the GPAC main office. GPAC may offer special sign up dates close to the start date at each location. Please visit the website for more information.

Summer league swimming is a great way to try the sport of swimming. It offers low pressure competition in a fun environment. Swimmers learn the basics skills and get an aerobic workout. The season is short as well, allowing athletes from different sports to have an opportunity to try their hand at swimming. **Swimming provides many benefits including.**

~ Water safety is extremely important, according to the Center for Disease Control, 9 people drown daily. **Drowning is a leading killer of American children.** In ethnic communities, drowning rates are nearly three times the national average. More than 30% of kids are at risk for obesity-related illnesses. **Swimming is a cure**

~ Swimming is a "**lifetime**" activity, participants may be 1 or 101 years old

~ Swimming is relatively injury free in comparison to other youth sports as it is a low impact activity and it is a good cardiovascular work out, it good for muscle tone, flexibility and it works the entire body.

~ Many super-stars in other sports started out as swimmers and gained strength and coordination that helped them to excel making it idea for cross training and it can lead to other activities like surfing, skiing, scuba diving, water polo & water aerobics.

~ Swimming teaches the life lessons of sport and sportsmanship which include learning to deal with winning and losing, as well as working with officials, teammates and coaches.

~ Swimming motivates participants to strive for self improvement and teaches goal orientation while helping to cultivate a positive mental attitude and high self-esteem.

Practice Locations & Times

Club Makos

@ The Club in Gulf Breeze
Mon, Wed, & Fri
Starts June 14th ~ 10:30 AM to 11:30 AM

Milestone Tigersharks

@ Milestone Aquatic Club in Cantonment
Tues, Thurs & Fri
Starts June 1st ~ 3:00 to 4:00 PM

PJC Piranhas

@ Pensacola Junior College in Pensacola
Tues, Thurs & Fri
Starts June 1st ~ 3:00 to 4:00 PM

Tanglewood Tarpons

@ Tanglewood Golf and Country Club in Milton
Tues, Thurs & Fri
Starts June 14th ~ 9:00 AM to 10:00 AM



Greater Pensacola Aquatic Club ~~~ www.gpacswimteam.org