

Summer Swim League

Bay Area Summer Swimming

SIGN UP NOW!

Contacts

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

Dates

Start Date: Monday, June 1st, 2009
End Date: Saturday, August 1st, 2009

Practice Times

Club Makos
Mon, Wed, & Thur from 10:00 to 11:00 AM

PJC Piranhas
Tues, Thurs & Fri from 3:00 to 4:00 PM

Milestone Tigersharks
Tues, Thurs & Fri from 3:00 to 4:00 PM

Fees

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

NON-GPAC Members ~ \$130.00
USA Swimming Seasonal Registration - \$35.00.
Summer League Meet Entry Fees,
Swim Cap & T-Shirt - \$35.00.
Summer Training Fees - \$60

Note: Non-GPAC members must pay their fee upfront and are not eligible for USA swim meets

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 another sport.

Swimming provides many benefits including.

- Water safety is extremely important, according for 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 **healthy "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 and 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.



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