

Greater Pensacola Aquatic Club

Penguin Group



This group focuses on the FUNdamentals of swimming. Having fun in swimming will be a large part of this group but athletes can expect to work on basic skills such as stroke drills, starts, turns, streamlining, breakouts and finishes. This is not a training group, in that; we will not focus on endurance as we would in one of GPAC's year round training groups. However through regular swim and dryland practices athletes will increase their athleticism, skill and endurance.

Important Information

- Athletes must be enrolled 7th grade or higher
- Athletes must have previous swim team (middle, high, summer league) experience.
- Swimmers may participate in GPAC hosted USA Swimming meets and Summer League meets (\$50.⁰⁰ fee) but will not be entered in travel meets. Meet fees are pre-paid.

Sessions

- January 9th to March 7th, 2012 ~ No Practice on Martin Luther King Day or February 17th
- March 26th to July 2nd, 2012 ~ No Practice on May 14th, Memorial Day or June 11th
- August 5th to November 5th ~ No practice on Labor Day

Fees

- \$65.⁰⁰ registration fee – This fee is paid once per year.
- Session fees are based on the length of the session.
 - Session 1 - \$72.⁰⁰, Session 2 - \$117.⁰⁰ and Session 3 - \$108.⁰⁰
- These fees must be pre-paid and will not be prorated.
- Fee includes GPAC Cap and Bag Tag.
- Other fees charged for year round swimming (fundraising, meet hospitality, etc) do NOT apply.

Practices Times

- The University of West Florida. ~ Mondays & Wednesdays ~ 3:45 to 5:15 PM
- The Club in Gulf Breeze. ~ Mondays & Wednesdays ~ 3:30 to 5:00 PM
- Practice times will vary during non-school days and during the summer.

Sign Up TODAY!



The Penguins Want YOU!

Contact Head Coach, Phil Kraus @ gpacswimcoach@gmail.com or @ 850-484-1312 for more information.