

QuickSilver Swimming Summer Swim Team

At

Gunderson High School

June 4th - August 2nd

Back by popular demand, QSS (formally San Jose Aquatics) is offering an opportunity for children of all ages to enjoy a swim team experience over the summer. Our coaches are highly motivating and engaging; ready to work with children of all ages as they embark on a summer of fun-filled aquatic learning geared towards the competitive side of this great sport.

Our program is built on traditions of team work and respect for all. The coaching staff will ensure a safe environment, coupled with fun approach to competitive swimming. We will emphasize skill development with enhanced aerobic training. While we hope this will become an activity your child will enjoy throughout their life, we know the skills and strength they learn this summer will ensure a safer more confident child.

What you get with QSS: Swim practice Mon-Thurs, 11:45-12:45 pm or 4:30-5:30pm
Free SBSL Dual Meet participation all summer
SBSL Championship Meet (small entry fee)

Requirements: Swimmer must be able to swim 25 yards of freestyle.
This is not swimming lessons.

Cost: \$300.00 Summer Team Fee

Additional: \$ 65.00 required USA Swimming registration that is good for all of 2012
This would be two separate checks or cash

QuickSilver Swimming
P.O. Box 36205, San Jose, CA 95158
Phone: 408-227-5884
E-mail: sjaoffice@aol.com
www.swimsja.com

DON'T DELAY SIGN UP YOUR SWIMMER NOW

Swimmer's Name _____ **Age** _____

Address _____

Phone # _____ **E-Mail** _____

One swimmer per form, detach and return with cash or check to SJA
Scholarships Available Non-profit cal501e corp. No Refunds