



North Myrtle Beach  
Aquatic & Fitness Center  
**DOLPHINS PRE-TEAM**  
Tuesdays & Thursdays  
August 7th - August 30th, 2018

**DOLPHINS PRE-TEAM 2018**

This program is designed for swimmers desiring to join our Dolphins Team but aren't quite ready to make the jump. Focus will be on breathing techniques, stroke development and endurance. Swimmers must be comfortable in 9 feet of water, know how to tread and be able to swim freestyle and backstroke the length of the therapy pool without stopping. This is a year round program and can be joined at any time. Come out and join the **FUN!**



**Practice Begins Tuesday August 7th**  
**Ages: 5-18 years**  
**Practice Days: Tuesday & Thursday**  
**Practice Time 4:00pm-4:45pm**  
**Fees: AFC Member: \$30.00 per month**  
**Non-Member: \$45.00 per month**



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