



North Myrtle Beach
Aquatic & Fitness Center
DOLPHINS PRE-TEAM
May 7 - May 30, 2019
Tuesday & Thursday

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 20 yards (the length of the therapy pool) without stopping. A free swim assessment is required for sign up.

Come out and join the *FUN!*



Age: Minimum age 5yrs
Practice Days: Tues & Thurs
Practice Time 4:00pm-4:45pm
Fees: AFC Member: \$30.00
Non-Member: \$45.00

Call for your free swim assessment *today!*



1100 2nd Avenue South
North Myrtle Beach
(843)281-3743

For more information or
swim assessment:
Judy Childers (843)281-3743
or
jachilders@nmb.us

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