



## **FAQ SHEET:**

### **What is it?**

A swim club focusing on technique, endurance, and skills such as dives and turns, as preparation for formal swim team. Participants will learn basic terminology, proper etiquette, and how to read and create workout sets.

### **Who is it for?**

Youth aged 7+, who have passed the swim test and/or Level 3 swimming lessons and can proficiently swim breaststroke and freestyle. We will not have evaluations, so please be sure your child meets these minimum requirements.

### **Time and Location?**

13:45 - 14:45

1600 - 1700

Wednesdays at the O'Club Pool

502, Reed Rd, Kailua, HI 96734

### **What is the Cost?**

\$160 for an 8-session punch card, payable by cash or card at the MCBH main pool office.

### **What should participants bring?**

Water bottle, goggles, swim cap (highly recommended for long hair)

***For more information or to sign-up, contact the Semper Fit Aquatics Office at 808-254-7655.***