

TTSC Summer Splash

Are you a kid who loves being in the water all summer? Do your friends accuse you of having a set of gills behind your ears? Well take the “plunge” this summer and find out what the sport of competitive swimming is all about. Sign up for the Tigard Tualatin Swim Club’s “Summer Splash” program.

Summer Splash is an introductory level program into the exciting world of competitive swimming. In this seven-week program, swimmers will learn basic techniques of the four competitive strokes (Freestyle, Backstroke, Breaststroke, and Butterfly) and the rules that govern those strokes at swim meets. You will be taught many of the drills TTSC swimmers use to improve their strokes and see in the water demonstrations by some of TTSC’s best Age Group swimmers. Participants will learn lane management skills competitive swimmers use at practice to keep them from running into each other. Basic starts, turns, and relays will also be covered.

Two fun “Mini” Swim Meets at the Tualatin Swim Center will give swimmers an idea of how swim meets work and give them an opportunity to win a ribbon or two. (The first meet will be **Friday, July 14th from 6pm – 8pm** and the second meet will take place **August 4th from 6pm - 8pm.**)

This program starts Monday, June 19th and will run through Friday, August 4th.

Practices are Monday, Wednesday and Friday at the Tualatin Swim Center (4:30- 5pm) for Splash and (4:30-5:15pm) for Advanced Splash. Swimmers are tested the first day for group placement.

Cost is \$90, which includes USA Swimming Seasonal membership fee, “Summer Splash” T-shirt, and “TTSC” swim cap.

Registration Monday, June 19th at the Tualatin Swim Center: 4:00- 4:15pm.

Need more information contact: Jeanine Serrano 503-431-5455

**To be eligible swimmers must have successfully completed
American Red Cross Level 3**