

# MAKOS Aquatics Club of Gainesville

**\*Spring & Summer programs for 300 Club Members\***

## **“Building Champions in Life through Excellence in Swimming”**

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**[www.makosaquatics.com](http://www.makosaquatics.com)**

**Lessons and Water Safety:** April 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup>

**Time:** 4:00-4:45 or 4:45-5:30 **Cost:** \$25.00

These lessons are mainly for the age range of 5 to 9 year olds but others will be accepted. They will cover water safety and basic water skills including proper head and body position for freestyle and backstroke. The children will start learning to stay calm and relaxed in the water as well as beginning breathing techniques. (only 40 spots available)

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### **Spring Swim League**

Open to ages 5-14. It is a four week course that runs Monday, Wednesday and Friday. The children will learn the basics and develop their swimming skill throughout the 4 weeks. The Spring league starts the 9<sup>th</sup> of April and runs through May 4<sup>th</sup> and includes one swim meet. (only 40 spots available)

**Cost:** \$100.00

**\*\*\* 300 Club Members children and grandchildren are eligible for a 20% discount on both the Spring Lesson and Spring League\*\*\***

