

# FORT BRAGG AQUATICS



YOUTH SWIM TEAM  
FOR AGES  
6-17 YEARS.

*Welcome to*  
**F.B.A. Swim Team**  
&  
**'Intro to Team' Programs**

C.V. Starr/Spath Aquatic Center  
300 S. Lincoln St.  
Ft. Bragg, Cal. 95437

*Join Now!*

# FORT BRAGG AQUATICS

Have Fun \* Improve Strokes  
Emphasis on technique  
Healthy movements  
*Butterfly - Backstroke*  
*Breaststroke - Freestyle*

Regular Monthly Schedule:  
Monday & Wednesday  
4:30-5:00-5:30 PM  
Cost \$35 per month

"Intro to FBA" Programs:  
\*must become USA-S member

Bronze Group: M/W 4:30 or 5:00  
Beginning swim strokes  
Front/Back Float

\* Silver Group: M/W 4:30 or 5:00  
Intermediate swim strokes  
Swim Freestyle/Backstroke  
Must pass Bronze standard

\* Gold Group: M/W 4:30 or 5:00 or 5:30  
Advanced swim strokes  
Swim Breaststroke, Starts, Turns, Kicks  
Must pass Silver standard

\* F.B.A. Swim Team: M/W 5:00-6:30  
Structured training workouts  
Must pass Gold Standards

# FORT BRAGG AQUATICS

*Sanctioned and governed by*  
*USA-Swimming and*  
*Pacific Swimming Zone 3*  
*Since 2001*

Our program offers:  
Professional Coaching  
Beginning to Advanced Skills  
Health & Fitness education  
Learn four competitive strokes

Full use of Spath Aquatic Center  
Indoor - lap pool  
25 yards X 8 competition lanes  
Team colors: Black/Red

Choose a level that fits your skills.  
Build your skills.  
Increase your endurance, fitness.

Enrollment limited!  
*Financial assistance may be available*

For more information contact:  
Coach Bob Rodriguez  
landb@mcn.org  
937-4271

**Fort**

**Bragg**

**Aquatics**