

USRP Swim Team Tryouts and Free Orientation Class

Pool Location: Cypress Aquatic Center, 981 George Engram Blvd (@ Nova Rd. in Daytona across the street from the Toyota Dealer)

Skill Evaluation: The child must be able to swim the length of the pool (25 yards) above water without stopping. Children who do not pass this swim assessment will be referred to the Itsy Bitsy group.

Introductory Class for swimmers who pass the Skill Evaluation:

The class will include instruction involving the following skills:

- Bubble blowing through the nose
- Lining up along the lane line and swimming “in circles”
- Arms in Position 11
- Flutter kick and dolphin kick
- Use of fins, pull buoy, and kickboard
- Soldier kicking drill
- Backstroke flags and reaching for the wall

Upcoming Dates:

- May 26; 6:30 pm
- June 5; 9:30 am
- June 12; 9:30 am

Additional information:

Parents will receive a handout explaining swimsuits, equipment, practice times, and general orientation details.

Free week:

After passing the Skill Evaluation and the Introductory Class, your child will be able to attend practices for one week free of charge. The coaches want you and your child to be comfortable with us.