

## *Do you have a FISH in your Family?*

The Norfolk Hammerheads Aquatic Club provides professional coaching for Recreational & Competitive swimmers from basic to advanced levels.

### **Junior & Recreation Programs (1-2 hrs/wk)**

Entry-level programs for New Swimmers who can swim at least 25 m and want to begin competitive swimming OR those who want to swim for fitness. Swimmers learn the fundamentals of swimming & healthy competition in a fun, small group environment.

### **Attention Older Swimmers (Ages 10 to 18)**

We have programs designed to help swimmers of all levels perfect their strokes and achieve their best in competition. Practice times and fees vary based on program level.

### **Registration Night & Free Try-Outs**

Mon., Sept. 9 - 5:30 to 6:30 pm and Fri., Sept. 13. - 6:30 to 7:30 pm  
@ Annalise Carr Aquatic Centre

**For more info and Online Registration visit**  
[www.hammerheads.ca](http://www.hammerheads.ca)



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