



[www.swimhat.org](http://www.swimhat.org)

## Learn To SWIM...FAST with *Harlingen Aquatics Team*

**Harlingen Aquatics Team** is a competitive age group swim team for ages primarily between 4-18 years old. It was organized for young athletes interested in learning to swim competitively. At 'HAT' we strive to create a positive growing experience in swimming excellence with team spirit, strength training, stroke technique and videos and plenty of swimming. Part of our purpose is to create a healthy environment that fosters and encourages self-discipline, motivation, applied learning and leadership.

Our fall season is from September to May and practice is held at the indoor heated pool in Pendleton Park at 5-6:30pm, Monday through Friday. Learn to Swim classes are two or three days per week and are \$50.00 per month. Summer swimming is conducted at Victor Park and/or Pendleton Park Pool at 7-9:00am, Monday through Friday from June 8<sup>th</sup>, 2009 to August. Learn to Swim classes consist of three two-week sessions with 30-minute lessons at \$30.00 per session during the summer, M-Th. All levels of instruction must be paid in advance and are scheduled according to availability. All participants must be registered USA Swimming or AAU Swimming before beginning training. Proof of registration is required as is listed personal information-birthday, parent/guardian name and phone number, mailing address and any medical conditions.

**Harlingen Aquatics Team** is a nonprofit swim club supported by its membership. It offers membership in USA Swimming and AAU Swimming or both operating under USA Swimming rules. Parent participation is considered important, necessary and appreciated for fund raising and running our competitions. Parents are allowed to attend practice as an observer only. Fund raisers help with team expenses and financial stability of the club. Monthly dues paid at the beginning of each session pay the coaching staff, help with team functions and maintain equipment for practices and meets.

USA Swimming registration is \$65.00 per year and AAU registration is \$14.00 per year. These fees are for insurance for our swimmers and team. Monthly club dues are \$50.00 per month and must be paid by the 5<sup>th</sup> of each month or per session.

To **Join Harlingen Aquatics Team**, visit our website for information, at [www.swimhat.org](http://www.swimhat.org).

Coach John Tucker can be reached at 956-873-1951.

Come see us this summer and have some fun while learning to **SWIM FAST**.

Coach Tucker