



# PERFORMANCE & COMPETITIVE SQUADS



## WE ARE RECRUITING

7 - 10 YEAR OLD TALENTED SWIMMERS

What we offer:

- Enhanced Learn to Swim program (HAC Academy).
- Skill development from dives, turns, sculling and streamlining to correct technique across all four strokes.
- Progression to competitive or fitness swimming.
- Acquire skills and confidence both in and outside the water.
- Training for athletes to become self-disciplined, skillful, focused and highly competitive.
- Regular social activities.

## TO BOOK A FREE TRIAL CONTACT

[membership@hackneyaquaticsclub.org](mailto:membership@hackneyaquaticsclub.org)



SCAN ME