

Summer Rec League

"We want to provide a fun, positive swim team experience that will help each participant build self-esteem, while learning teamwork and good sportsmanship."



**COME SWIM WITH US
THIS SUMMER!**

Molalla Aquatic Center

Cost: \$150 In District

\$175 Out of District

**Ages: 5-18 (must have attended kindergarten
2020-2021)**

Dates: July 12th- September 1st

Practices: Mondays and Wednesdays

3-4:45 PM

Molalla Aquatic Center is partnering with Oregon City Swim Team! Come and get a taste of what Competitive Swimming is all about!



Train in:

- *The Fundamentals of Competitive Swimming*
- *Stroke Mechanics*
- *Improving Starts and Turns*

Participants should be proficient in the 25-yard freestyle and 25-yard backstroke

Register Online or Contact us for Registration

432 Frances St.
Molalla, OR 97038
503-759-7665

molallaaquaticcenter.com