



Fit Swim Welcome Letter

Fit Swim is one of Ajax Aquatic Club's intro programs. This program is designed for swimmers who can swim at least 25m of free/back and breast. Swimmers will learn proper stroke mechanics, turns, streamlines, dives etc. All swimmers have the option to attend a competition after October. We will work on fitness as well as swim basics.

Fall Session

Tuesday 5:30-6:30pm ACC

Thursdays 5-6pm ACC

Saturdays 9-10am (Some Saturdays will be missed due to meets and holidays... these changes will be communicated ahead of time)

Team Photo: Saturday Sept 30th at ACC 9:00am [T shirts will be handed out if you have not already got yours.] Not mandatory, just fun :)

Equipment/Apparel: Swimmers will still get their T shirt and Cap included in their first session this season. There will also be navy hoodies for purchase, forms for those will go out early Sept so we can have them by the first meet. Swimmer's Equipment. Preferences below (any questions feel free to reach out)

If you wish to purchase your own fins that is up to you, we do have some for use at ACC

Below is a link the the proper kind to buy(they are not mandatory)

<https://team-aquatic.com/collections/equipment-fins/products/tas-short-fins>

Training Suit: It is best to have a snug fitting suit. We understand it may take the kids a while to get used to it and they would be more comfortable in surf shorts or a ruffled bikini... Bring them in what they are comfortable in and we will work on getting them to open up to the idea of wearing a training suit. We will get the sun shirts off them as soon as we can, since those impede their arm motion that we are trying to teach.

Goggles: You have to try them on to get a good fit. Take the two eye sockets, press them on your face, if they stick reasonably well for a few seconds those are likely good. Other than that, pick what you like and it is on sale :) Example of a good pair below...

<https://team-aquatic.com/collections/youth-goggles/products/arena-tracks-junior-mirror-green>

