

# CATHEDRAL OAKS SWIM CLUB

POWERED BY SWELL - CATHEDRAL OAKS ATHLETIC CLUB

## PRE-SWIM

AGES 6 - 8

The Pre-Swim team focuses on preparing children who already know how to swim unassisted for the Novice team; it helps them become proficient in the four competitive strokes - freestyle, backstroke, breaststroke, and butterfly. In Pre-Swim, diving, flip turns, and open turns are introduced. Teams are divided according to skill level in order to maintain a low swimmer to coach ratio.

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**CURRENTLY NOT AVAILABLE**

## NOVICE

AGES 7 - 12

The Novice team trains on the fundamentals of the four competitive strokes. In this level, racing starts, turns, and finishes are progressively taught, building on what your child has learned in Pre-Swim. Swim techniques are improved through regular swim sets and drills during practice.

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### MEETS

MONDAY/ WEDNESDAY  
TUESDAY/THURSDAY  
3:30 - 4:15 PM

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**MEMBERS** \$95  
**NON-MEMBERS** \$105

## AGE GROUP

AGES 9 - 18

The Age Group team is for advanced swimmers. Children must be able to complete at least one length in each stroke, know their open turns and underwater streamlines, as well as do track start and flip turns. This team trains in all four of the competitive strokes with an emphasis on fine-tuning technique, building endurance, and increasing speed through regular swim sets.

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### MEETS

MONDAY/ WEDNESDAY  
TUESDAY/THURSDAY  
4:15 - 5:30 PM

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**MEMBERS** \$115  
**NON-MEMBERS** \$125



**CALL TODAY  
OR VISIT OUR  
WEBSITE  
FOR MORE  
INFORMATION!**

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**CATHEDRAL OAKS ATHLETIC CLUB**  
5800 CATHEDRAL OAKS ROAD  
GOLETA, CA 93117

**[WWW.COAC.SWELLCLUBS.COM](http://WWW.COAC.SWELLCLUBS.COM)**

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**CATHEDRAL OAKS  
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**SWIM  
TEAM**

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