

# **JDSAquatics “SEALS” Swim Club**

321-368-4133 / [JDSAquatics.com](http://JDSAquatics.com)



**CHAMPIONS ARE MADE IN PRACTICE**

The **JDSAquatics(JDSA)SEALS** are a registered **USA Swimming** chartered Swim Club Team. We have swimmers of all ages with novice or casual abilities, through competitive/advanced experience. We train 12 months per year!

When you join **JDSA**, you will be part of the funnest sport there is! You will get better at each of the four competitive strokes, while strengthening and conditioning your body mentally and physically. You can choose to compete or not. You will feel better, be happier and live healthier while making great friends too!

When you join **JDSA**, your coach will teach you important life skills such as....

- That passion still counts for something.
- You will learn how to cope with success and disappointments.
- You will learn that success both in swimming and in life requires hard work.
- You will learn to push yourself passed your self-imagined limits.

When you join **JDSA**, you will learn about what it takes to....

- Be a part of something bigger than yourself
- Compete with your teammates at **USA swimming** meets
- Be a team player , and have fun learning to work hard
- Be dedicated and respected by your peers
- Set realistic and obtainable goals for yourself



## **JDSA Practice Schedule:**

Palm Bay Aquatic Center (next to BCC)

Membership in USA Swimming is a team requirement

**For Questions, Current Practice Schedule or To Set Up A Tryout**

**Please contact Coach Solomon.....**

Visit our website [www.jdsaquatics.com](http://www.jdsaquatics.com)

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