

# Swim Training & Technique

At the Coral Springs Aquatic Complex



## Coach Matt Bellew

A year round program that develops strength, technique, and endurance. This also includes advanced swimming skills, stretching, drills, and techniques related to competitive swimming.

Swimmers should be able to pass a pre-requisite test of 4 continuous laps of the pool using the freestyle stroke. (100 yards of the pool). Participants must also know freestyle, backstroke and breaststroke. The minimum age is 10 years.

**Tryouts are held every Tuesday from 7 to 7:15 p.m. Check in at the front desk.**

**Held on Tuesday & Thursday's  
7:15 to 8:15 p.m.  
The Aquatic Complex  
\$45 per month**

**For more information,  
call 954-345-2121**

The Coral Springs Aquatic Complex is located in the Sportsplex, which is just east of the Sawgrass Expressway between Sample Road and Royal Palm Boulevard, at 12441 Royal Palm Boulevard.



Community of Excellence  
**CORAL SPRINGS**

**City of Coral Springs Aquatic Services**  
CoralSprings.org • 954-345-2121

