

LAS SENDAS

MESAA

Aquatics Club



FALL SWIM LEAGUE

We will work on teaching the competitive skills and strokes as well as stroke development for \$220.

AUGUST 8 - OCTOBER 26

T/TH | 5:15-6:15 PM



LOOKING TO LEARN THE STROKES?

Sign up for Splish & Splash for \$95 per session

SPLISH: FOCUS ON FREESTYLE & BACKSTROKE

SPLASH: FOCUS ON BUTTERFLY & BREASTSTROKE

FALL SESSION 1: AUG. 8-24

SPLISH: T/TH 4:00-4:30 | SPLASH: T/TH 4:30-5:15

FALL SESSION 2: AUG. 29 - SEPT. 14

SPLASH: T/TH 4:30-5:15

FALL SESSION 2: SEPT. 19 - OCT. 5

SPLISH: T/TH 4:00-4:30 | SPLASH: T/TH 4:30-5:15



ESA Approved Vendor

REGISTER | [MESAAQUATICSClub.COM](https://mesaaquaticsclub.com) | Click on the Las Sendas tab
CONTACT | MEG ZAJDZINSKI | 480.818.3117 | MEG@MESASWIMS.COM

no try-outs for fall swim league necessary

KINO & SKYLINE

MESAA

Aquatics Club

Looking for a great sport during the school year that has a flexible schedule and focuses on developing a growth mindset?

COME JOIN MAC!

Joining a swim team will help build confidence and encourage self-motivation, while participants find the value of teamwork and pursue setting and achieving personal goals.

Option 1

PRACTICES OFFERED 5 DAYS A WEEK
PRICES RANGE FROM \$100-120/MONTH
WE HAVE GROUPS FOR ALL AGES & ABILITIES.

tryouts on Saturday August 5, at Skyline and Kino 8-9 AM

Option 2

FALL LEAGUE - \$180

MONDAY & WEDNESDAY | AUG. 7 - OCT. 25

KINO & SKYLINE

10 & UNDER 4:15-5:15 PM; 11 & OVER 5:30-6:30 PM

RHODES

ALL AGES 5:30-6:30 PM; MINIMUM 20 PARTICIPANTS

ESA Approved Vendor | REGISTER at MESAAQUATICSClub.COM
CONTACT | MEG ZAJDZINSKI | 480.818.3117 | MEG@MESASWIMS.COM

MESA AQUATICS CLUB



HIGH SCHOOL SEASON

MAC is offering a supplemental training program for high school swimmers.

WHEN

AUGUST 7 - OCTOBER 27
M/W/F Mornings 5:15-6:30/6:45

WHERE

Kino & Skyline

COST

\$250



Athletes who join this group will be offered additional training, and skill development:

> starts > turns > finishes > underwaters > stroke technique >

Join our exceptional coaches and make the most out of this high school season.

REGISTER | MESAAQUATICSCLUB.COM

CONTACT | MEG ZAJDZINSKI | 480.818.3117 | MEG@MESASWIMS.COM

ESA-APPROVED VENDOR | SCHOLARSHIPS AVAILABLE THROUGH ARIZONA AQUATICS & SPORTS FOUNDATION