



# SAVANNAH SWIM TEAM

## AQUATICS ACADEMY



**Improve Swimming Technique**  
**Gain Strength & Endurance**  
**Prepare for Competitive Swimming**

### ***STINGRAYS***

Monday & Wednesday 4:15-5:00

#### Prerequisites

- Ages 6-8 years old
- Comfortable in the water
- Will get face wet
- Can swim on or under water without a floatation device
- Will jump in the pool from the deck without assistance
- Good attitude and willing to learn

### ***TIGER SHARKS***

Tuesday and Thursday 4:15-5:00

#### Prerequisites

- Ages 9 years and older
- Can swim freestyle and breathe to the side
- Can tread water for 1 minute
- Can streamline below the surface of the water
- Need to learn/refine strokes
- Good attitude and willing to learn

**1:4 Instructor to Student Ratio**  
**Developmentally Appropriate Instruction**  
**Beginning Monday September 14**  
**Chatham County Aquatic Center**

Program includes 8 scheduled group sessions.  
Advance registration required due to class size limits.  
Tuition - \$70.00

Swimmers may be reassigned from group to group based on ability.

### ***Instructor: Coach Anne Elsea***

Coach Anne swam for a summer league team, Swim Atlanta, Pope High School, and Rollins College (member of Rollins team record relays in the 200 FR, 400 FR, 400 MR, and 800 FR). She was a co-captain for her high school and college teams. Coach Anne also has extensive experience which includes summer league, camp, and high school coaching. She was the Florida Coach of the Year for her work with the Hernando High School boys swim team. Coach Anne has a combined 10 years of experience with group and private swim lessons, including NAVY and triathlon training.

**Certifications:** Lifeguard, CPR, AED, First Aid, Swim America, USA Swimming

**Contact Savannah Swim Team for more information or to register:**  
**Email: [SwimSST@gmail.com](mailto:SwimSST@gmail.com) 912-927-SWIM (7946)**