

CATTARAUGUS COMMUNITY CENTER CUDAS

**COME JOIN THE SWIM TEAM HERE AT THE CCC!
IT'S A FUN WAY TO MEET NEW FRIENDS AND LEARN THE
FUNDAMENTALS OF SWIMMING AND TEAM WORK.
FOR AGES 7YRS OF AGE TO 16 YRS OF AGE.**



-WILL LEARN:

- THE DIFFERENT STROKES
- BREATHING TECHNIQUES
- PROPER DIVING SKILLS
- PROPER COMETITION SWIMMING GUIDLINES

**WHERE: THE CATTARAUGUS COMMUNITY
CENTER POOL**

WHEN: STARTING NOV. 27TH 2012

TIME: 6-7PM



**ANY QUESTIONS CONTACT:
LYNN JACOBS OR HEIDI JOHN AT
716-532-8450 EXT 5703**