



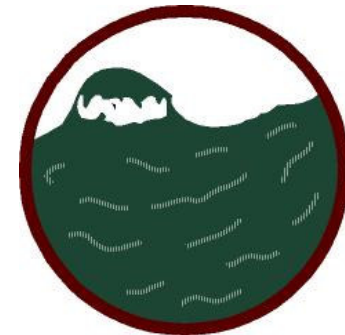
NORTH PIEDMONT AQUATIC CLUB
"LIFE'S TOO SHORT TO DOGGIE PADDLE"



CONTACT: JEFF OR LEAH TUNSTALL
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**BUILDING A BETTER COMMUNITY ONE CHILD,
ONE INDIVIDUAL, ONE FAMILY AT A TIME**

North Piedmont Aquatic Club (PAC)



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**EDWARD M. ARMFIELD, SR.
CIVIC AND RECREATION
CENTER, INC.**

PAC

North Piedmont Aquatic Club (PAC) is a year round competitive swim team for ages 6-18. We offer several levels of participation ranging from beginners to elite swimmers.

Our program encompasses all of Surry County and its surrounding area with swimmers from Dobson, Elkin, King, Pilot Mountain and Mount Airy.

Our team competes as part of United States Swimming and North Carolina Swimming and competitions are held all over North Carolina.

PAC is a fun exciting way to introduce your child to the great sport of swimming.

Waves

PAC's levels are organized into groups called Waves. The following is a list of each wave with a brief description and cost.

Wave 1~ This is for our youngest beginners on the team. The minimum age is 6 years old. Swimmers will learn the basics of each of the four strokes and refine stroke techniques. Cost is \$20.00 per month

Wave 2~ This includes some of our older beginners and concentrates on mastering all four strokes. Cost is \$30.00 per month

Wave 3~ Our 3rd level starts the training process by providing an hour each day of aerobic training while still enforcing stroke techniques. Cost is \$50.00 per month

Wave 4~ Training at this level is for our most advanced and dedicated swimmers. Training is required everyday for 2 hours while incorporating some cross training with weight lifting and running. Cost is \$60.00 per month

***All levels require that swimmers are a member of the Armfield Civic Center.**

Weekly Schedule

Wave 1~ Tuesdays

5:00-5:45 PM

Wave 2~ Monday & Thursday

4:30-5:30 PM

Wave 3~ Monday - Friday

4:00-5:00 PM

Wave 4~ Monday - Friday

4:00-6:00 PM

*Competitions are held about one time per month on the weekends.

For more information please contact Jeff & Leah Tunstall at 719-6850 or swim4pac@yahoo.com.