



Christian Avard coached the Connecticut River Valley Stingrays Swim Team in Springfield, Vt. as an assistant and as a head coach. He is a USA Swimming coach and a member of the American Swim Coaches Association. He is a certified lifeguard with the American Red Cross and a certified swim/water safety instructor with Lifeguard-Pro. Avard is a U.S. Masters swimmer, a former age group swimmer and a former USA Swimming official. He lives in Roxbury.

First in Fitness
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Swim Club

With Christian Avard,
Aquatics Director and USA Swimming Coach



Swim with Power

Swim Club will focus on fitness and stroke technique allowing swimmers to develop and increase their strength, stamina, and endurance in the water, while adding to the overall progression of their swimming ability.

Ages 6 - 18

November 5—March 7
Mondays and Wednesdays All levels
Thursdays Advance Swimmers

No practices 11/21 & 22,
December 24-Jan 4 (Christmas break)
and Feb 25 - March 1 (winter break).

Beginner 6-6:30pm
Intermediate 6:15-6:45pm
Advance 6:30-7:30pm



Members \$225/beginner/intermediate \$275/advance
Non-Members \$300/beginner/intermediate \$350/advance
Sibling discount available.

PRE-REGISTRATION REQUIRED.
DEADLINE IS OCTOBER 31, 2018

For more information please contact Christian Avard
at cavard@firstinfitness.com

LEVEL DESCRIPTIONS

Beginner

Can front and back float, swim 25 yards, comfortable in water and under water. Focus will be on creating a base of all 4 strokes and survival strokes. Will be introduced to a swim fit workout. Ages 6-10



Intermediate

Must be able to swim 50 yards of the front crawl, back crawl, breast stroke, and must accomplish 25 yards of the butterfly stroke. Focus will be on improving technique and efficiency. Participants will swim multiple sets varying in distances. Will be introduced to a swim fit workout.

Minimum Age: 8



Advanced

Participants must know all correct turns and starts and be able to swim 100 yards of each stroke. Focus will be on perfecting technique and efficiency as well as developing the individuals' strengths and improving their weaknesses. Participants will swim a variety of sets including short and long distances of all 4 strokes. Will be introduced to a swim fit workout.

Minimum Age: 12