



Mission Statement

To develop disciplined, successful, socially responsible athletes in a safe and supportive environment. Our return on investment (ROI) is not in dollars but in social return. All proceeds are reinvested towards that mission. Our investors are our parents. Social impact is our commodity.

Monthly rates start at \$145

Discount Programs:
(Discounts may not be combined)

Family Discount:

Families with more than 1 active swimmer:
Highest level swimmer pays full fee, all additional sibling members receive a \$10 monthly discount off their level.

Outreach/Low Income Discount:

EACH YEAR family must provide documentation of qualification from documents listed on the SBA website under Registration Info -> Outreach

For additional information concerning fees and payments, contact the SBA Admin at admin@southbayaquatics.org.

Contact Information

All non-coaching questions (billing, pools, etc.) -
Admin@southbayaquatics.org

Locations

South Bay Aquatics utilizes several pools in the South Bay to better serve the entire area.

Mater Dei High School

Eastlake Greens Country Club

Loma Verde Pool

Mt. Miguel High School



A USA Swimming Age Group competitive swim team serving the South San Diego area.

www.southbayaquatics.org

Contact information:

admin@southbayaquatics.org

Call/Text
(619) 517-6180



SPEEDO

Is the official swimwear brand and Sponsor of South Bay Aquatics

SWIM WEST/

PARADOWSKI'S

Is the official swimwear supplier for South Bay Aquatics

Location: 7962 Convoy Ct., SD

Phone: 858-569-6946

About South Bay Aquatics

South Bay Aquatics is a 501 (c)(3) non-profit charitable organization dedicated to promoting the sport of swimming in Southern San Diego County. It was established in 2001 when the teams of Chula Vista Aquatics Association, National City Swim Club and Eastlake Swim Team merged to become one of the strongest teams in the county. Together they provide over 50 years of swimming excellence in the South Bay Communities of including Chula Vista, National City, Eastlake, Bonita, Rolling Hills Ranch, Otay Ranch and other areas down to the U.S./Mexico border.

The South Bay Aquatics USA swimming program provides a unified multi-pool environment conducive to training and quality instruction allowing athletes to systematically progress from novice to national caliber levels. Our dedicated and trained coaching staff and parental participation instill in our athletes at all levels positive lifelong values based on teamwork, self-discipline and health competition.

SBA's beginner swim program groups its members based on age and ability. As swimmers progress, they are grouped by similar time standards. Proper technique and education about the sport is the foundation upon which we base our practice groups.

As a swimmer develops certain skills, training and conditioning are introduced and increased at levels appropriate for each individual's age and maturity. SBA is a member of the San Diego-Imperial Swimming LSC and USA Swimming.

Quick Links

Most information about SBA is found in the parent information packet each new swimmer receives upon starting the 2 week trial.

Note: most information can be access without logging in to your SBA account; however, it is advisable to always login to ensure you have all access. Below are locations to find information on our website:

Updates

The latest information can be found on the **News** tab. Weekly information can be found there as well.

Remind

Most coaches utilize the Remind app to quickly communicate info to the parents. Be sure to join their group right away.

Parents

On the **Parents** tab you will find lots of helpful information. This includes the check list and corresponding information when joining, as well as how to enter meets, policies in place and much more. You will need to be logged in to see all available information.

USA Swimming Registration

USA Swimming requires swimmers continuing with SBA after trial period to register with USA Swimming. Parents are responsible for registering and there is an annual cost associated with the card.

Swim Meets

Swimmers are expected to compete in swim meets. Meets vary by age groups and standards. Always discuss with the coach what meets and events to enter. Available meets are listed under the **Events** tab. Procedures to enter are under the **Parents** tab.

Groups

- ❖ Pre-Bronze - 30 min 3-4 days/week
- ❖ Bronze. - 1 hour 4 days/week
- ❖ Bronze 2 - 1 hour 4 days/week with up to an additional 30 min of dryland
- ❖ Silver Group - 1 1/2 hours weekdays 4
- ❖ Gold Group - 2 hours/day up to 6 days a week
- ❖ Sr Development - 2 hours/day up to 6 days a week
- ❖ Sr Prep - 2 hours/day up to 6 days a week
- ❖ Sr Performance - minimum of 2 hours daily with additional workouts during peak season

*Group specific requirements can be found under the **Levels** tab.

Additional Information

The **Team Store** tab has information about spirit gear as well as links to required suits/equipment, etc. Email teamstore@southbayaquatics.org for more information or to place an order for spirit gear.

Swimming is a favorite recreational activity of many children and teenagers, and it provides one of the best physical conditioning opportunities for young athletes. South Bay Aquatics combines this with competitive opportunities and year-round fun for the whole family.