



A non-profit youth aquatic organization

Free Swim Test

If you are between the ages of 6 and 18 you are invited to take a free swim test at one of the largest and most successful USA Swim teams in San Diego County. *Swimmers must be able to swim 50 yards freestyle with breathing, 25 backstroke, and be deep water safe.*

Following the successful completion of your test, you will be invited to a two-week trial period for swimmers/families and coaches to get acquainted before committing to joining the team. The fee is \$50.00 for the two-week trial period.

Our supervised year-round program provides:

- *Professional Certified Coaching
- *Group level from Novice to National
- *Family Discounts
- *Daily Practice
- *Competitive Fun!
- *Limited Space Available



TESTING IS BY APPOINTMENT ONLY

Current Practice Locations: Eastlake Greens*, Mater Dei HS, Loma Verde Pool, Mt. Miguel HS#

Contact email or phone number below for up-to-date testing/trial information

Eastlake Greens
Testing M-Th

Mater Dei High School
Testing M-Th

Loma Verde Pool
Testing M-Th

Mt. Miguel High School
Testing M/W/F

* Eastlake Greens requires proof of residency within Eastlake I, II, or III Associations / # Mt Miguel is available after summer



Questions: E-mail: admin@southbayaquatics.org or Call/Text (619) 517-6180