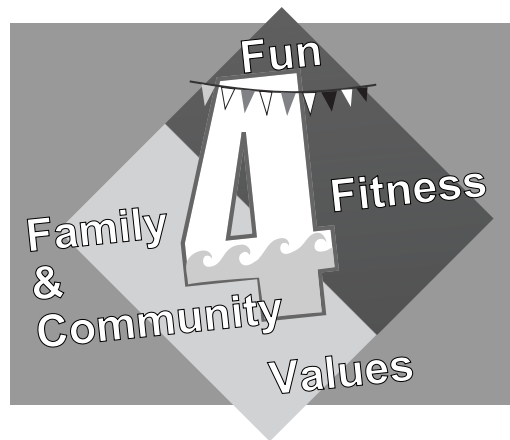




**Starting**  
Tuesday, May 26

*Swim for Fun  
and Fitness*

- Learn to swim with experienced coaches who love to teach.
- Have fun with lots of social activities for the whole family.
- Compete in an environment that promotes personal growth amidst team spirit and good sportmanship.
- Sign-up now to make sure you get the session you want. Spaces fill up quickly.



## Fluvanna Aquatic Sports Team

Top-notch Coaching: FAST has invested more time and effort to develop the quality and depth of their coaching talent.

Family-friendly practice times: FAST now offers more practices in more locations for more convenience.

Mentor Families: FAST provides mentor families to new families just joining our team. This provides a great way to get to know your new teammates and their families.

Social Events: At FAST we like to have FUN! We offer lots of socials for some serious "family fun time".

Development of all Swimmers: We provide instruction for ALL swimmers and do not focus on only the top-end swimmers.

Swim Safer, Swim Smarter, Swim Faster: A fantastic way for your swimmers to learn skills while having fun with their friends.

Registration online  
[www.iswimfast.org](http://www.iswimfast.org)

Cost \$150  
VISA & MASTER CARD ACCEPTED\*



Spring Creek 6:45-7:45 am  
Spring Creek 7:45-8:45 am

Health Nutz 3:30-4:30 pm  
Health Nutz 4:30-5:30 pm

Camp Friendship 6:00-7:00 pm

Spring Creek 6:30-7:30 pm

Pools - Health Nutz Fitness & Aquatics Center, 109 Crofton Pl. Palmyra  
Camp Friendship, 573 Friendship Rd. Palmyra, VA.  
Spring Creek 181 Clubhouse, Zion Crossroads, VA.

[www.iswimfast.org](http://www.iswimfast.org)

E-mail: [info@fluvanna-swimming.org](mailto:info@fluvanna-swimming.org)

**434-326-5533**



**Starting**  
Tuesday, May 26.

*Dream It! - Believe It! - Achieve It!*

Cost \$150 per swimmer

Name: Last	First	Birthdate	Sex	Group	Location	Time

Mother's Name: Last \_\_\_\_\_ First \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_ @ \_\_\_\_\_

Father's Name: Last \_\_\_\_\_ First \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_ @ \_\_\_\_\_

***We provide instruction focusing on each swimmer's development regardless of their level of experience.***

## Learn To Swim

Spring Creek 8:45 - 9:30am Monday, Tuesday, Thursday and Friday  
Camp Friendship 6:15 - 7:00pm Monday, Tuesday, Thursday and Friday

Cost is \$100 for 3 weeks, and swimmers may join the team after completing the class for the remainder of the season @ \$75.00 (must enroll in the 1st Session to be eligible to compete in meets), provided they can swim the length of the pool.

**1st Session: June 8th - June 26th. • 2nd Session: July 6th - July 24th.**

Make Checks payable to : FAST Fluvanna Aquatic Sports Team info@fluvanna-swimming.org  
Mail to : P.O. Box 188, Palmyra, Va. 22963.



**Registration online**

*I swim **FAST** ... SO CAN YOU!*

For more program information visit:

**www.iswimfast.org**



### Coaches

#### Head Coach-Cos DiFazio

- 10th year with FAST and 15th with BASS. Both practice at Health Nutz pool and Camp Friendship.

- Over 39 years of coaching experience at the USS level.

- Coached Olympic Trial Qualifiers, national champions, national record holders, All Americans, top 16 nationally ranked swimmers, State record holders, and state champions.

- Helped start the Fluvanna High School Swim Club, and varsity sport.

### Assistant Coaches

Laurie Collins  
Alena Billingsley  
Riley Scalzo  
Treavor Hartwell  
Ben Nalle  
Annabelle Harlowe  
Nick Montes de Oca  
Nathan Johnson  
Cosmo Difazio  
Anna Hurdle  
Mike Difazio

Contact us:  
**434-326-5533**  
www.iswimfast.org

E-mail:  
info@fluvanna-swimming.org