

*Give us a try...*

- Year Round Swim Program
- Heated Pool
- Certified and Professional Coaching
- Ages 4-101
- Fun and Supportive Environment
- Join Anytime
- **FREE TRIAL WEEK!**



**Head Coach – Chase Sheldon**

The Woodland Swim Team has offered quality coaching by certified coaches since 1952.

## *Let us Introduce Ourselves!*

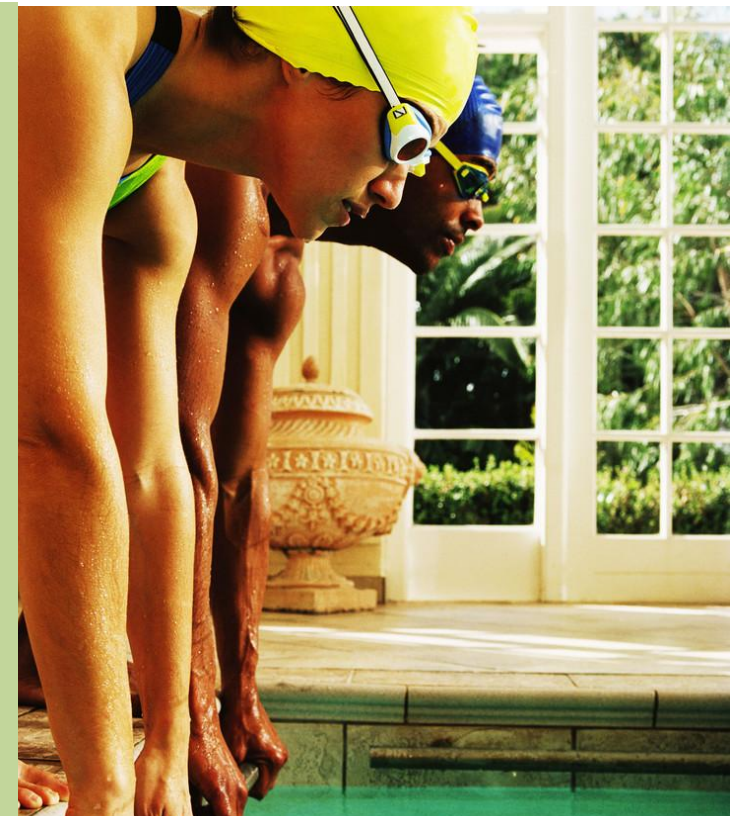
*Come learn to swim in a fun and supportive environment. Ages 4 to 100!*

*Swimming combines well with other sports/activities. Practices are available 5 days a week – come when you can! You can join any month of the year. Dues are as low as \$45 a month with no long-term financial commitments.*

Contact us at  
**530-662-9783**

or [www.woodlandswimteam.org](http://www.woodlandswimteam.org)

155 N. West Street  
Woodland, CA 95695



*Have Fun, Be Fit  
and Swim Fast!*

**WOODLAND SWIM TEAM**

Established 1952



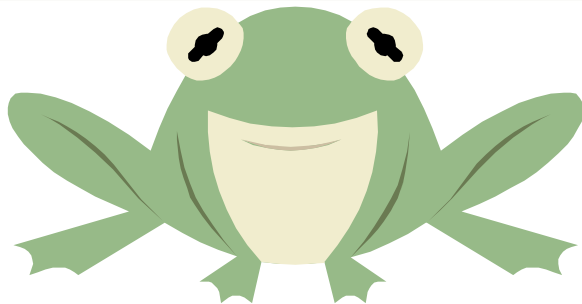
Come learn to swim in a fun and supportive environment.

## Team Highlights

- Competitive Swim Meets
- Team Travel Meets
- Individual Award System
- Fun Team Social Events
- Lasting Friendships



2009 Santa Cruz Team Travel Meet



# Looking For a Swim Club to Call Home

The Woodland Swim Team believes in building a more confident, competent and competitive swimmer. Our program offers each and every swimmer the ability to reach their own potential in and out of the pool.

## Age Group Swimmers >>>

### AGES 4 to 18:

We offer a fun and supportive environment for swimmers of all ages and abilities. Once evaluated, your child will be taught all four competitive swim strokes (freestyle, backstroke, breaststroke and butterfly) by trained and certified coaches. The Age Group consists of swimmers from 4 to 18 years of age. They will learn lifelong mental, social, motor and physical skills that cultivate a

positive mental attitude and high self-esteem. Swimming promotes fitness and teaches a child to strive for physical achievement. It is a healthy "lifetime" activity that is relatively injury free compared to other sports. The team offers a free trial week to anyone interested in joining our team.

### Masters >>>

#### AGES 18 and Over:

Our Masters program offers organized workouts for adults at all swimming levels. Whether your interest lies in fitness, triathlons, competitions or

just the social aspect of swimming clubs we have something to offer you. We offer morning as well as evening practice times with trained and certified coaches. If you do choose to compete you will have opportunities to compete in pool as well as open-water races. We

Strive to help you reach your personal goals. We offer a free trial week to anyone interested in joining our team. Come see what we have to offer.

## Parents >>>

Parents are an important part of our team. The Woodland Swim Team is proud to have the best parents in the league. We pride ourselves on the amount of voluntary parent support that our team receives. If you want to be

**"Swimming is a healthy lifetime activity for all ages"**

part of a team that is committed to providing your child with the best atmosphere to learn life long skills than you are in the right place. Come join our team!



## We are with you every step of the way >>>

Our trained and certified coaches are there to help you or your child every step of the way.