

**FAST Aquatic Club**  
**150 Wadham St.,**  
**Plymouth, PA**  
**18704**  
**(570) 690-3139**

**FAST  
AQUATICS**

**SPRING/SUMMER**

**2023**

**START DATES:**

**Competitive**  
**Group:**

**(April 3<sup>rd</sup>, 2023)**

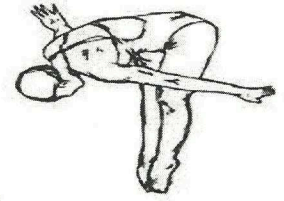
**Learn-to-Swim:**

**(June 12<sup>th</sup>, 2023)**

**LOCATED @ WWV**

**HIGH SCHOOL**

**SWIMMING POOL**



### Program History and Philosophy

During the past 40 years, the Wyoming Valley West Aquatics programs have been providing opportunities for individuals to learn and develop skills in an environment of excellence and intensity. From novice to elite, we have been continuously competitive at all levels. From learn to swim, to competition swimming, diving, and water polo; we have experienced success at the local and national level. Our goal is to develop and assist each individual to reach their potential and aspirations. We look forward to you joining us in our...

### "Tradition of Excellence"

The Wyoming Valley West High School 25-yard indoor pool is utilized for all aquatic training. This facility guarantees each individual a comfortable atmosphere 100% of the time.

### **WVW/FAST – Water Polo – Learn to Swim Diving**

#### Our Summer Coaches/Staff:

- Edward Zawatski – WVW Head Coach and Coordinator of FAST/Learn to Swim
- Dwin Doran - Assistant Coach
- Josh Zawatski- Assistant Coach/Instructor
- Jared Zawatski- Assistant Coach /Instructor
- Sydney Bruno- Assistant Coach /Instructor

**PHONE NUMBER/EMAIL for  
Booking Lessons and Training @  
(570-690-3139)  
zawatskieddy@gmail.com to  
secure spot!**

### FAST Aquatic Club (COMPETITIVE LEVEL)

For practice schedule CALL COACH ED for details to Morning/Afternoon workouts and cost. THIS IS A DIFFERENT COST THAN LEARN TO SWIM. This is for children on a club, high school, or college team already. FAST Aquatic Club has a variety of local and extended meet opportunities as well as other types of aquatic freedoms for individual goals for athlete or family. You may join at any time!!

Spring Training Begins: April 3 - June 12th, 2023

(Monday through Friday) 4:00pm-6:00pm

Summer Training Begins: June 12th – Aug 4<sup>th</sup> 2023

(Monday through Friday) 7:00am-9:15am

### \*\*LEARN TO SWIM\*\*:

For children/adolescents/adults of all ages!! Our instructors teach many swim sessions in the summer that are designated towards all skill sets of swimmers and their abilities.

**ALL Lessons are Monday- Thursday @  
9:30am-10:15am OR 10:30am-11:15am per session**

upon first come, first serve sign up!

**\*\*CHILD MUST BE 4+ YEARS OF AGE. \*\***

### Lessons will begin on:

Session 1: June 12<sup>th</sup>-June 22<sup>nd</sup>

Session 2: June 26<sup>th</sup>-July 7<sup>th</sup>

Session 3: July 10<sup>th</sup>-July 20<sup>st</sup>

### Cost for Learn to Swim @ WVW:

Your first attended session at any time (per swimmer): \$100

Any sessions after your initial start (per swimmer): \$25 off for each additional session added

Aquatic Registration – 2023 ... Date: / /2023

Registration for-Last Name: \_\_\_\_\_

Athlete: \_\_\_\_\_ DOB: \_\_\_/\_\_\_/\_\_\_

Athlete: \_\_\_\_\_ DOB: \_\_\_/\_\_\_/\_\_\_

Best Phone Contact: \_\_\_\_\_

Best email: \_\_\_\_\_

Street: \_\_\_\_\_

Town: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Emergency: \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_

My children have no restrictions for aquatic training and activities. If there are any questionable health issues, I will discuss them with the head coach and/or obtain a doctor's release. I do understand that I may need a Doctor's Permission Release for one or more of my children to participate in aquatic training and activities at WVW / FAST Aquatics. I also agree that if there are any changes in my children's medical history at any time that I will advise the coaches. I also will reinforce with my children that they are to follow rules and directions from the coaches to help maintain a safe environment at all times for all participating individuals.

Parent/Guardian: \_\_\_\_\_

Coach: \_\_\_\_\_ Edward John Zawatski III \_\_\_\_\_