

**Who is Granite City Aquatics?** GCA is a local competitive swim program for athletes 6-19 yrs of age who have a love of swimming and a hunger to improve their skills! We focus on improving technique to help eliminate the chances of injury and to create efficiency in the water. GCA believes swimmers are like zebras; just as no two zebras are the same neither are any two athletes. We strive to help each swimmer find and support what works for them individually to succeed. We work with athletes just learning the four competitive strokes all the way up to athletes qualifying for National Level Competitions!



Prospective swimmers will be placed in practice groups based on their skill level and age. Swim practices focus on technique, introduce interval training, sprinting, pace work, learning to race the clock and opponents, working together as a group to improve, dolphin kick, starts, turns and racing strategies. GCA is a coach owned local swim team that practices out of Apollo High School. If you are worried about fees please email coach Annika directly at [granitecityaquatics@gmail.com](mailto:granitecityaquatics@gmail.com)

Our Winter Season Starts Monday, November 29th. All practices start after 6 pm. High School athletes are allowed to join the winter all the way until January 1st, 2022

**GCA is more than just a swim team we are a family!**



**Upcoming Seasons:**

**Winter 2021-2022 :** November 29th—March 18th, 2022

**Spring 2022 :** March 28th—May 27th, 2022

**Summer 2022 :** May 30th—July 29th, 2022

Registration information will be on our team website, [Granitecityaquatics.com](http://Granitecityaquatics.com), typically one month prior to the start of each season. Prices vary season to season based on the number of weeks in each season. Prices and practice time information can also be found on our team website. We work with families who are worried about pricing. Please contact Coach Annika with questions.

Please follow us on Facebook and Instagram (Search Granite City Aquatics) for the most up to date and accurate information about upcoming seasons—or— to just check out what the team is up too! For any questions please contact Coach Annika at [granitecityaquatics@gmail.com](mailto:granitecityaquatics@gmail.com)