

CAC

CINCINNATI AQUATIC CLUB

Top Quality, year-round Competitive Swimming for Senior and Age Group athletes

- The top placing Cincinnati Age Group Team “Seven out of the last ten” Long and Short Course State J.O. Championship meets
- Just celebrated our 25th year!
- Ohio LSC Open Water State Champions 2005 & 2006
- Outstanding history of developing District and State High school finalist, USA Sectional, and National swimmers as well as future College swimmers
- Coaching stability...Head Coach Benson Spurling 20th year at CAC and Head Age Group Coach Kevin Rachal 13th year at CAC
- Outstanding coach to swimmer ratio
- Recently renovated locker rooms
- Boys and girls, grades K-12
- Novice to National/Olympic Trials Levels welcome
- Winter Short Course training at CCDS and Summer Long Course training at UC
- Discounts on fees for families with multiple athletes
- Quality New Swimmer “Hawks” Developmental program
- Multiple Top “10” National rankings
- Outstanding student-Athletes
- Conveniently located at Cincinnati Country Day School, on Given road in Indian Hill

FREE TRYOUTS

(RESERVATIONS REQUIRED)

Tuesday, July 28 5:00

Tuesday, August 4 5:00

Tuesday, August 25 5:00

For reservations and more information

Head Coach Benson Spurling

513-474-9461

www.swimcincinnati.org

