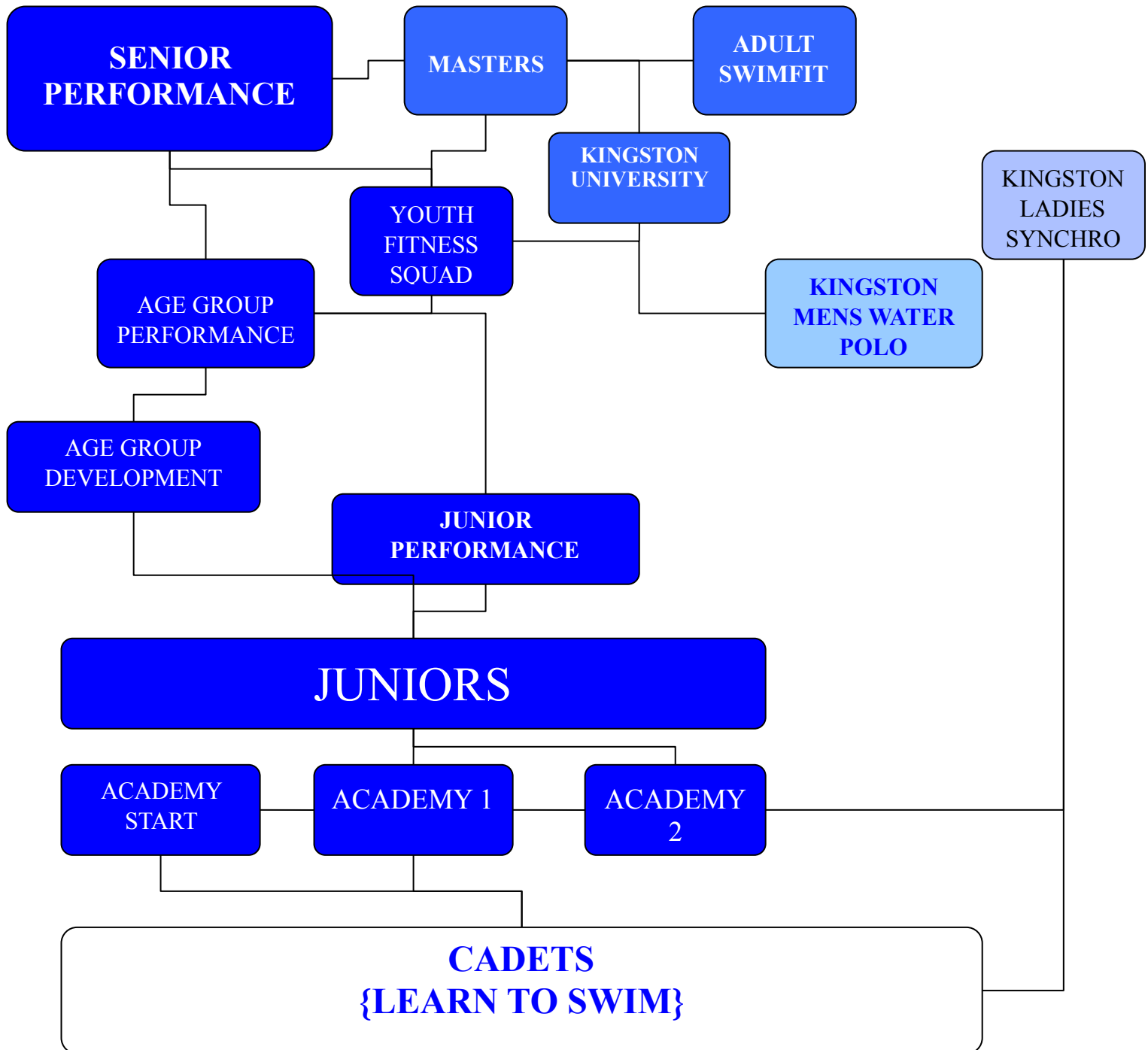




KINGSTON ROYALS AQUATICS DEVELOPMENT PATHWAY



Aquatic Disciplines available in Kingston:

- *Learn to Swim* – Kingston Royals **CADETS (Ages 5-10)**
- *Development, Competitive & Fitness Swimming* – Kingston Royals **SQUADS (Ages 7-18+)**
- *Swim for Life* – Kingston Royals **MASTERS & ADULT SWIMFIT** and **KINGSTON UNIVERSITY**
- *Water Polo* – **MEN'S WATER POLO TEAM**
- *Synchronised Swimming* – Offered through our aquatic partners; **KINGSTON LADIES SYNCHRO**
- *Open Water* – Through Kingston Royals **SQUADS**
- *Triathlon* – Tri-athletes of all ages catered for in Kingston Royals **SQUADS & MASTERS**