



The Fluvanna Aquatics Sports Team (FAST) Makos is open to all boys and girls, ages 4-18 years old who reside in Fluvanna County and the surrounding areas. The team competes in the Jefferson Swim League (JSL) during the summer in an improvement focused and fun atmosphere. The experienced coaching staff provides all swimmers with a safe learning experience to help them grow in skill and character. Numerous practice options are available which are conducted at the outdoor pool at Camp Friendship. The team participates in 6 meets during the summer and the JSL Championship meet at the end of June. Numerous fun family oriented activities are held through the season. Need based financial scholarships are available. For more information contact by call (434)207-4784 or email info@iswimfast.org or visit our web site at <http://www.iswimfast.org>