



March Swim Clinic

Stroke Mechanics, Starts & Turns

2010

Swimmer Information:

Last Name _____ First Name _____ MI _____
Preferred Name _____ Birth Date _____ Age (as of June 15, 2010) _____ M/F _____
Family Email (**Required**) _____

Parent/Guardian Contact Information:

Primary Parent/Guardian Name: _____
Mailing Address _____
City: _____ Zip: _____
Home Phone: _____
Office Phone: _____ Cell Phone: _____
Email Address: _____

If my child is ill or has an emergency, and I cannot be reached, please contact:

Name: _____ Phone: _____
Name: _____ Phone: _____

I hereby give my permission for my child _____ to participate in Spring Swim Clinic at Gold River Racquet Club. In signing this form I release Gold River Racquet Club, its employees, and agents from any and all liability which may arise as a result of accident or injury during the program. In the event of an emergency, I give my permission for a physician to provide needed medical care for my child.

X _____ Parent Signature

Any Questions contact Jeff Float at 916-638-7001, mailbox #30 or e-mail at coachjeff@goldriverstingrays.org.

Prices:

Levels 3-6 \$35 Per Week or \$125 For the Month
Levels Mini, 1-2 \$30 Per Week or \$110 For the Month

Free \$ _____ Back \$ _____ Breast \$ _____ Fly \$ _____ Starts & Turns \$ _____ All \$ _____

Front Desk: Please ring under contract swim.

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Schedule

| <u>Date</u> | <u>Day</u> | <u>Time</u> | <u>Stroke</u> | <u>Group</u> |
|--------------------|-----------------|------------------|------------------------------|-------------------|
| <u>March 1-5</u> | <u>Mon.-Fri</u> | <u>3:30-4:30</u> | <u>Freestyle</u> | <u>Level 3</u> |
| | <u>Mon.-Fri</u> | <u>4:30-5:15</u> | <u>Freestyle</u> | <u>Level 2</u> |
| | <u>Mon.-Fri</u> | <u>5:15-5:45</u> | <u>Freestyle</u> | <u>Level 1</u> |
| | <u>M, W, F</u> | <u>5:45-6:15</u> | <u>Freestyle</u> | <u>Mini Ray</u> |
| | <u>Mon.-Fri</u> | <u>5:45-6:45</u> | <u>Freestyle</u> | <u>Levels 4-6</u> |
| <u>March 8-12</u> | <u>Mon.-Fri</u> | <u>3:30-4:30</u> | <u>Backstroke</u> | <u>Level 3</u> |
| | <u>Mon.-Fri</u> | <u>4:30-5:15</u> | <u>Backstroke</u> | <u>Level 2</u> |
| | <u>Mon.-Fri</u> | <u>5:15-5:45</u> | <u>Backstroke</u> | <u>Level 1</u> |
| | <u>M, W, F</u> | <u>5:45-6:15</u> | <u>Backstroke</u> | <u>Mini Ray</u> |
| | <u>Mon.-Fri</u> | <u>5:45-6:45</u> | <u>Backstroke</u> | <u>Levels 4-6</u> |
| <u>March 15-19</u> | <u>Mon.-Fri</u> | <u>3:30-4:30</u> | <u>Breaststroke</u> | <u>Level 3</u> |
| | <u>Mon.-Fri</u> | <u>4:30-5:15</u> | <u>Breaststroke</u> | <u>Level 2</u> |
| | <u>Mon.-Fri</u> | <u>5:15-5:45</u> | <u>Freestyle</u> | <u>Level 1</u> |
| | <u>M, W, F</u> | <u>5:45-6:15</u> | <u>Freestyle</u> | <u>Mini Ray</u> |
| | <u>Mon.-Fri</u> | <u>5:45-6:45</u> | <u>Breaststroke</u> | <u>Levels 4-6</u> |
| <u>March 22-26</u> | <u>Mon.-Fri</u> | <u>3:30-4:30</u> | <u>Butterfly</u> | <u>Level 3</u> |
| | <u>Mon.-Fri</u> | <u>4:30-5:15</u> | <u>Butterfly</u> | <u>Level 2</u> |
| | <u>Mon.-Fri</u> | <u>5:15-5:45</u> | <u>Backstroke</u> | <u>Level 1</u> |
| | <u>M, W, F</u> | <u>5:45-6:15</u> | <u>Backstroke</u> | <u>Mini Ray</u> |
| | <u>Mon.-Fri</u> | <u>5:45-6:45</u> | <u>Butterfly</u> | <u>Level 4-6</u> |
| <u>March 29-31</u> | <u>Mon-Wed</u> | <u>3:30-4:30</u> | <u>Starts & Turns</u> | <u>Level 3</u> |
| | <u>Mon-Wed</u> | <u>4:30-5:15</u> | <u>Starts & Turns</u> | <u>Level 2</u> |
| | <u>Mon-Wed</u> | <u>5:15-5:45</u> | <u>Starts & Finishes</u> | <u>Level 1</u> |
| | <u>Mon-Wed</u> | <u>5:45-6:15</u> | <u>Starts & Finishes</u> | <u>Mini Ray</u> |
| | <u>Mon-Wed</u> | <u>5:45-6:45</u> | <u>Starts & Turns</u> | <u>Level 4-6</u> |

Note League Bylaw:

Clinic participants may only be in the pool three days a week, for up to one hour a day, during the month of March. The clinic is offered five days each week but your athlete may only attend three days.