



LAMADRONA  
ATHLETIC CLUB

# Winter Swim Team

**January 7<sup>th</sup> -March 22nd 2019**

**Group C:** Tuesdays and Thursdays 3:00-3:30

**Group B:** Monday-Thursday 3:30-4:15pm, **Group A:** Monday- Thursday 4:15 – 5:15pm

The La Madrona Swim Team is a small, pre-competition team. Group C is for beginning level swimmers aged 4 to 6\* who have had swim lessons and are comfortable swimming in the lap pool, but need more stroke technique. Group B is for intermediate level swimmers who will continue to work on stroke technique and build endurance. Group A is for returning team members aged 9 to 14\* and for swimmers who have a working knowledge of the four competitive swim strokes. Focus will be on endurance, speed and technique. All swimmers must be able to swim one length of freestyle and be able to float on their backs. Focus will be on fun, stroke improvement and confidence building. This is a great opportunity to advance your skills and become a better swimmer for life.

**\*Winter Swim Meet Date ~March 23<sup>rd</sup>\***

\*The ages are a general guide - a swim assessment may be needed to find the best group for your swimmer. Contact our aquatics director at [sstrubing@caclubs.com](mailto:sstrubing@caclubs.com) for more information.

**The winter swim team group A&B has practice 4x times per week for 11 weeks. Group C is 2x per week**

Winter Swim Team	Group C	Group B	Group A
4 days per week		\$327.00 (\$408)	\$347.00 (\$433)
3 days per week		\$303.00 (\$378)	\$322.00 (\$403)
2 days per week	\$204 (\$254)	\$248.00(\$309)	\$266.00 (\$332)
1 day per week	\$123 (\$154)	\$149.99 (\$185)	\$174.00 (\$218)

**Sign up by completing the registration form below and return to La Madrona Athletic Club.**

*Members may enroll online at [www.lamadronaclub.com](http://www.lamadronaclub.com), under the swim team page.*

*Please contact the Club at 831.438.1072 ext. 104 for questions with member online enrollment.*

Program space is limited to 18 spots per group/per day. Members' accounts will be billed. Non-members must pay the club in advance and have a completed guest waiver on file. Because La Madrona is a private club, non-members visiting the club for programming are not allowed use of the facility outside of their paid programming. Please wait for your class to begin before using the facility and use is not allowed after programming.

## REGISTRATION FORM FOR WINTER 2018 SWIM TEAM

Swimmer's Name \_\_\_\_\_ DOB: \_\_\_\_\_

Parent's Name(s) \_\_\_\_\_ Member# \_\_\_\_\_

Parent's Phone and Email \_\_\_\_\_

Days of participation (circle) M T W Th      Group (circle) C B A

Emergency Contact Name and Number (other than parent) \_\_\_\_\_

*Tell your coach about yourself*

What are your swimming goals? \_\_\_\_\_

What is your favorite/best stroke? \_\_\_\_\_

What is your favorite aquatic animal? \_\_\_\_\_

Internal Use: Paid Date \_\_\_\_\_

Initial \_\_\_\_\_

Roster \_\_\_\_\_