



LAMADRONA  
ATHLETIC CLUB

# WINTER SWIM ACADEMY

**\*for high school swimmers and adults\***

## January 16 - March 23, 2017

### Monday - Thursday 5:30 - 6:30 pm

The Swim Academy will improve performance, increase stamina and speed, and give you the coaching to correct your strokes for maximum efficiency. These 60-minute coached practices take place in the lap pool with Coach Jen. Give us ten weeks, and we'll make you a better swimmer for life!

Families are encouraged to share a swim package for a better rate. Non-Member rates in parenthesis.

Winter Swim Academy	Single	Family
4 days per week	\$237.00 (\$297)	\$315.00 (\$394)
3 days per week	\$220.00 (\$275)	\$293.00 (\$366)
2 days per week	\$180.00 (\$225)	\$242.00 (\$302)
1 day per week	\$90.00 (\$113)	\$158.00 (\$198)

**To sign up**, complete the registration form below and submit it to La Madrona Athletic Club. Members' accounts will be billed. Non-Members are required to have a guest waiver on file before they can enroll or pay for the program. Guest waivers can be completed online at [www.lamadronaclub.com](http://www.lamadronaclub.com). This program requires three registrants per day to stay active and is subject to cancelation for low enrollment. Feel free to contact Aquatics Director, Jennifer Kruse, at [jkruse@caclubs.com](mailto:jkruse@caclubs.com) with your questions.

### REGISTRATION FORM FOR WINTER 2017 SWIM ACADEMY

Participant's Name \_\_\_\_\_ Member #: \_\_\_\_\_

Family Members \_\_\_\_\_

Days of Participation (circle) M T W Th Group (circle) single family

Phone and Email \_\_\_\_\_

Emergency Contact Name and Number \_\_\_\_\_

What are your fitness goals? \_\_\_\_\_

Do you have any physical limitations? \_\_\_\_\_

*NON-MEMBER USE POLICY: 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. Thank you.*

Internal Use: Fee \_\_\_\_\_ Paid Date \_\_\_\_\_ Initial \_\_\_\_\_ Roster \_\_\_\_\_