

INTRO TO SWIM TEAM FALL 2023

EARLY FALL – AUGUST 16TH - SEPTEMBER 20TH

LATE FALL – SEPTEMBER 27TH - NOVEMBER 1ST

WEDNESDAYS | 1:45PM – 2:30PM



LAMADRONA
ATHLETIC CLUB

Intro to Swim Team is a swim class course designed to bridge the gap between swim lessons and a pre- or competitive Swim Team. The class will provide students with proper skills and polish existing swimming skills while building their confidence to eventually swim in a team environment.

The class starts begins in our recreational pool as a swim lesson style group class as the students' progress, and then class transitions to our 25-year lap pool. Our activities build upon strengthening proper swimming form and breathing patterns, group movement, and fun in the pool. Classes are 30 minutes in length, once a week.

AGES 5-8* ARE WELCOME

Classes are limited to 6 spots.

RESERVE YOUR SPOT TODAY!

COSTS

\$198 for Members

\$238 for Non-Members

REGISTRATION FORM FOR 2023 Fall Intro to Swim Team

Swimmer's Name _____ DOB: _____

Parent's Name(s) _____ Member? Yes ☐ No ☐

Session of participation (circle) Early Fall Late Fall

Parent's Phone and Email _____

Emergency Contact Name and Number (other than parent) _____

Program Questions can be made directly to the Aquatics Director at **831-438-1072 ext 104** or **kgorham@caclubs.com**

Members may enroll online on July 17th and non-members may register on July 24th by contacting the Aquatics Director at 831-438-1072 ext 104 or kgorham@caclubs.com

**All Participants must have formally completed swim lesson and be able to swim one length of freestyle.*

NON-MEMBER USE POLICY: 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.

WITHDRAWAL/MAKEUP POLICIES: Registration selections may only be altered within the first of week programming for a club credit. If a class is missed, makeups are not guaranteed. However, makeups can be granted if space allows on other days in that session of programming.

