

# FALL SWIM TEAM

## TWO SESSIONS:

EARLY FALL — AUGUST 14TH-SEPTEMBER 21ST (6 WEEKS)  
LATE FALL — SEPTEMBER 25TH -NOVEMBER 2ND (6 WEEKS)

SWIM MEET SATURDAY  
NOVEMBER 4TH



LA MADRONA  
ATHLETIC CLUB

C Team Wednesday & Thursdays  
B Team Monday-Thursdays  
A Team Monday-Thursdays

3-3:30  
3:30-4:15  
4:15-5:15

THE LA MADRONA SWIM TEAM IS A SMALL, PRE-COMPETITION TEAM.

**Group C** is for beginning level swimmers aged 6 to 8\* 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 aged 8-10\* who will continue to work on stroke technique and build endurance.

**Group A** is for returning team members aged 11 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.

\*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 [kgorham@caclubs.com](mailto:kgorham@caclubs.com) for more information.

The swim team group A&B can swim up to 4x per week, group C up to 2x per week. Pick and choose which days to sign up for. Maximum is 18 participants per group per day

Swim Team	Group C	Group B	Group A
4 days per week		\$360 (\$432)	\$420 (\$504)
3 days per week		\$270 (\$324)	\$315 (\$378)
2 days per week	\$158 (\$190)	\$180 (\$216)	\$210 (\$252)
1 day per week	\$79 (\$95)	\$90 (\$108)	\$105 (\$126)

\*Pricing based on single 6-week session.

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.

Registration will begin on Monday, July 17th online. Non-members can sign up on Monday, July 24th via email, in person, or phone call. After that registrations can be made directly [kgorham@caclubs.com](mailto:kgorham@caclubs.com)

PLEASE CONTACT THE CLUB AT 831.438.1072 EXT 104  
OR EMAIL [KGORHAM@CACLUBS.COM](mailto:kgorham@caclubs.com) FOR QUESTIONS.

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 FALL 2023 SWIM TEAM

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

Parent's Name(s) \_\_\_\_\_ Member? Yes ☐ No ☐

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

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

Session of participation (circle): Early Fall | Late Fall

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? \_\_\_\_\_

\*Program Withdrawal/Makeup Policies: Registration selections may only be altered within the first of programming for a club credit. If a class is missed, makeups are not guaranteed. However, makeups will be granted if space allows in other days in that session of programming.

