



LAMADRONA
ATHLETIC CLUB

INTRO TO SWIM TEAM

WINTER 2023

Early Winter – January 4th-February 8th

Late Winter – February 15th-March 22nd

Wednesdays | 1:30pm – 2:15pm

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. This is a great opportunity to advance your skills and become a better swimmer for life.

The class begins in our recreational pool as a swim lesson style group class. As the students' progress, the class transitions to our 25-year lap pool. In the Lap Pool, students will continue build on their skills and become comfortable experiencing what it is like to swim in a pool used by a swim team. Our activities build upon strengthening proper swimming form and breathing patterns, group movement, and fun in the pool. Classes are 45 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 AND \$238 FOR NON-MEMBERS

REGISTRATION FORM FOR 2023 WINTER INTRO TO SWIM TEAM

Swimmer's Name _____ DOB: _____

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

Session(s): *Early Winter (1/4-2/8)* ☐ *Late Winter (2/15-3/22)* ☐

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 December 5th and non-members may register on December 12th online at www.lamadronaclub.com.
Or 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.