

HOLIDAY SWIM TEAM

NOVEMBER 2ND-DECEMBER 19TH (7 WEEKS)



LAMADRONA
ATHLETIC CLUB

Group C	Tuesday-Thursday	3-3:30
Group B	Monday-Thursday	3:30-4:15
Group A	Monday-Thursday	4:15-5:15

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

Group C is for swimmers aged 6 to 8* who have had swim lessons and are comfortable swimming in the lap pool, but need more stroke technique and will be swimming in a team environment for the first time.

Group B is for swimmers aged 8-10* who are familiar team-style swimming and are continuing to work on stroke technique and build endurance. Swimmers expanding their swim team knowledge.

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 for more information.

The swim team group A&B can swim up to 4x per week, group C up to 3x per week. Pick and choose which days to sign up for. Groups A/B - minimum 3 to a max of 18 participants per group per day. Groups C - minimum 3 to a max of 16 participants per group per day.

Swim Team	Group C	Group B	Group A
4 days per week		\$464 (\$556)	\$532 (\$640)
3 days per week	\$306 (\$366)	\$348 (\$417)	\$399 (\$480)
2 days per week	\$204 (\$244)	\$232 (\$278)	\$266 (\$320)
1 day per week	\$102 (\$122)	\$166 (\$139)	\$133 (\$160)

*Non-member pricing (\$) *Pricing adjusted for holidays at time of registration

Members may enroll online at www.lamadronaclub.com, under club member account. Registration will begin on Wednesday, October 2nd online at 10am. Non-members can sign up on Wednesday, October 9th. After that registrations can be made directly 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 2024 HOLIDAY SWIM TEAM SWIM TEAM

Swimmer's Name _____ DOB: _____

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

Parent's Phone and Email _____

Days of participation (check): M T W Th

Group (check): 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? _____

*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.

