



LAMADRONA
ATHLETIC CLUB

SUMMER SWIM CAMP

June 13 – July 15, 2016

Monday - Friday 12:00 – 1:00 pm

The La Madrona Summer Swim Camp is a place for youth swimmers to hone their skills in a stress-free, pre-competition environment. This five week program offers a different focus each week for swimmers to gain better skills in all aspects of the sport. Participants must be able to swim four lengths (100 yards) of freestyle with side breathing, two lengths (50 yards) of backstroke, and one length (25 yards) each of breaststroke and butterfly. Ages 6 to 14 welcome. Sign up for the whole season or just the weeks you want to work on (sorry, no daily enrollment for the swim camp). This is a great opportunity to advance your skills and become a better swimmer for life. Contact Coach Jen Kruse at jkruse@caclubs.com with questions.

The summer swim camp has practice in the lap pool five times per week for five weeks.*

Summer Swim Camp	Season	Weekly
Member(Non-Member)	\$237.00 (\$296.00)	\$55.00 (\$68.50)

*Week 4 rates: \$44.00 (\$54.80) have been prorated to reflect the July 4th holiday

To sign up, complete the registration form below and submit it to La Madrona Athletic Club. Members may enroll online at www.lamadronaclub.com under the swim team page. Program space is limited to 18 spots. Members' accounts will be billed. Non-members must pay the club in advance and have a completed guest waiver on file. 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.

REGISTRATION FORM FOR SUMMER 2016 SWIM CAMP

Swimmer's Name _____ DOB: _____

Parent's Name(s) _____ Member# _____

Parent's Phone and Email _____

Emergency Contact Name and Number (other than parent) _____

Weeks of participation (circle) 1 2 3 4 5

SCHEDULE:

Week 1: June 13th - June 17th: Freestyle & Backstroke

Week 2: June 20th - June 24th: Breaststroke & Butterfly

Week 3: June 27th - July 1st: Endurance - Secrets of efficient swimming

*Week 4: July 5th - July 8th: Dives, Turns & Individual Medley (IM)

(*no camp on Monday, July 4th)

Week 5: July 11th - July 15th: Goggle Camp - Boot Camp for swimmers

Internal Use: Paid Date _____	Initial _____	Roster _____
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