



LAMADRONA
ATHLETIC CLUB

Spring Swim Team

April 10- June 2nd, 2017

Monday- Thursday Group B: 3:30-4pm, Group A: 4 - 5pm

The La Madrona Swim Team is a small, pre-competition team. Group B is for beginning level swimmers aged 4 to 8* who have had swim lessons and are comfortable swimming in the lap pool. All swimmers must be able to swim one length of freestyle and be able to float on their backs. Focus will be on fun, stroke improvement and confidence building. Group A is for returning team members aged 9 to 14* and for swimmers who have a working knowledge of the four competitive swim strokes. Focus will be on endurance, speed and technique.

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

*The ages are a general guide - a swim assessment may be needed to find the best group for your swimmer. Contact our aquatics coordinator at lmacaquatics@caclubs.com for more information.

The winter swim team has practice four times per week for ten weeks.

Spring Swim Team	Group B	Group A
4 days per week	\$189.00 (\$237)	\$252.00 (\$315)
3 days per week	\$176.00 (\$220)	\$234.00 (\$293)
2 days per week	\$144.00 (\$180)	\$194.00 (\$242)
1 day per week	\$90.00 (\$113)	\$126.00 (\$158)

Non-Member rates are listed in parenthesis.

Sign up by completing the registration form below and return to La Madrona Athletic Club.

Members may enroll online at www.lamadronaclub.com, under the swim team page.

Please contact the Club at 831.438.1042 for questions with member online enrollment.

Program space is limited to 18 spots per group/per day. 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 SPRING 2017 SWIM TEAM

Swimmer's Name _____ DOB: _____

Parent's Name(s) _____ Member# _____

Parent's Phone and Email _____

Days of participation (circle) M T W Th Group (circle) 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? _____

Internal Use: Paid Date _____ Initial _____ Roster _____