2010 ARDEN PARK DOPLHINS MARCH CLINIC

Description: Our goal is to improve the technique of new and returning swimmers and give them an edge at the beginning of swim season. The sessions will provide a program that simplifies the key steps of each stroke. These are not swim lessons! Participants must have basic stroke knowledge and be able to make it across the pool unassisted. Please consider outside swim lessons for your child before the start of the clinic if they are not competent in the water. Limited spaces, so sign up soon!

Where: Arden Park Pool, 1000 La Sierra Drive

When:

6&U: Session 1: March 9, 11, 12, 16, and 18 4:00-4:30 pm
Session 2: March 18, 19, 23, 25, and 26 4:00-4:30 pm

7-9 yrs: March 9-26 T-Th-F 4:30-5:30 pm

10-18 yrs: March 9-26 T-Th-F 5:30-6:30 pm

Note: Swimmer age is determined by age as of June 15, 2010.

Cost:

6&U: $40 per session
7-18 yrs: $80 **NO REFUNDS AFTER MARCH 6.**

Registration: Sign-ups will be accepted at swim team registration on February 27. Or, mail this registration form with full payment by February 27 to:

Arden Park Swim Team, Attn: Registrar
1000 La Sierra Drive
Sacramento, CA 95864

Questions: Contact our Registrar, Cathy Phillips, at alanphillips90@hotmail.com.

Swimmer Name_____ Age_____
(as of 6-15-10)

Parent/Guardian_____ 6&U Session_____

Address_____ Phone_____

_____ E-mail_____

Parent/Guardian Signature_____