



2016 Pacific Sands Cabana Club Offers Junior Guard Prep

Limited to thirty (30) swimmers per session.

Each week will be dedicated to improving the swimmer’s time. The Prep class will be divided into 3 sessions. The program schedule is for 4 weeks (12 prep sessions).

Session 1: Monday, April 4 to Friday, April 29: Mon-Wed-Fri from 6:00 pm - 6:45 pm

Session 2: Monday, April 4 to Friday, April 29: Mon-Wed-Fri from 6:45 pm - 7:30 pm

Session 3: Saturday, April 2 to Saturday, April 30 : Tues, Thurs: 6:00 - 6:45 pm, Sat. 9:00 -9:45 am

Note: Saturday, May 7 is added to make up for April 30 when HBCJG tryouts will be held at PSCC.

There are 30 spaces per class, 90 spaces in total. Spaces are assigned on a first come, first serve basis. Cabana Club members will register first; non-members may register beginning Monday, Feb 15, 2016 at 10 am.

In order to become a Jr. Guard, students must be between 9 and 17 years old and meet the following physical requirements: Be able to swim 100 yards in 1:50 minutes or faster. Swim underwater 10 yards without coming up for a breath. Tread water for 5 minutes. Testing for the HB City Jr. Guards will be held here at the club on the following dates: Saturday, April 16 from 7:00 am-12:15 pm, Saturday, April 30 from 7:30 am-12:15 am, Wednesday, May 11 from 6:30 pm-8:30 pm, Sunday, May 22 from 7:30 am - 12:15 pm, Wednesday, June 8 from 6:30 pm-8:30 pm.

Note: This is not intended for Swim Team.

-

Schedule

Dates	Session 1	Session 2		Member Cost	Non-Member Cost
Monday, April 4 Through Friday, April 29 2016	Mon-Wed-Fri 6:00pm-6:45 pm	Mon-Wed-Fri 6:45pm-7:30 pm		\$100	\$140
			Session 3		
Saturday, April 2 Through Saturday, April 30, 2016 & Sat. May 7			Tues & Thurs 6:00pm-6:45pm Saturday- 9:00-9:45 a.m.	\$100	\$140

Payment is due upon registration (No Refunds are available). Parents will need to complete an emergency form and have payment in full before a swimmer can enter the water.

Please bring your completed form with payment to the office (at Pacific Sands Cabana Club, 8141 Atlanta Ave., Huntington Beach, CA 92646. For questions regarding space availability or information about the Pacific Sands Swim Program, please call ☎ the office at 714-536-8091 or email manager@cabanaclubhb.org

Count us in for Jr. Prep Instruction! Please include this form with your payment.



Junior Guard Prep Class Registration Spring, 2016

Circle One Session Only Per Registration

Child's Name	Age	Session 1 6:00 pm-6:45 pm Mon-Wed-Fri	Session 2 6:45 pm -7:30 pm Mon-Wed-Fri	Session 3 6:00 pm-6:45 pm Tues and Thurs. Sat: 9:00 - 9:45 am

Payment Type: Cash _____ Check _____ Credit (members only) _____
Amount _____

Check One: Member _____ Non-Member _____

Parent's Permission and Emergency Medical Form on the back must be completed.

Pacific Sands Penguins "Everyone Swims!"

PSST/2015 Jr. Guard Prep