



2016 Pacific Sands Swim Team Offers Stroke Instruction

Limited to thirty (30) swimmers per session.

Each week will be dedicated to specific strokes. The spring session will be divided into 2 groups. The Silver/Gold group of swimmers should have at least 3 years of swim team experience and/or have been attending a year round program. The Bronze group is intended for returning swimmers who want specific stroke training and for new swimmers. Swimmers in the Silver/Gold group will swim for 4 weeks, Mondays, Wednesdays, and Fridays. Hours are 3:30-4:30 or 4:30-6:00. The Bronze group swimmers will also swim for 4 weeks, Tuesdays and Thursdays. Hours are 3:30-4:15 or 4:15 to 5:00 or 5:00 to 5:45 PM. We have 30 per time slot. **Spaces assigned on first come, first serve basis.** (Coach may move according to ability at his discretion). **NOTE: This is not intended for Jr. Guard Prep participants.**

Schedule

Dates	Group	Session 1	Session 2	Session 3	Cost
April 5, 7 April 12, 14 April 19, 21 April 26, April 28	Bronze	3:30 - 4:15 (Beginners)	4:15 - 5:00 (Beginners)	5:00 - 5:45 (Intermediate)	\$40.00
April 4, 6, 8 April 11, 13, 15 April 18, 20, 22 April 25, 27, 29	Silver/Gold (Advanced)	3:30 - 4:30	4:30 - 6:00		\$60.00

Payment is due upon registration (No Refunds are available). Parents will need to complete an emergency form on line 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 Spring Conditioning & Clinics, 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 Stroke Instruction!

Please include this form with your payment.

Circle one

		Bronze Group			Silver/Gold	
Child's Name: _____	Age: _____	3:30-4:15pm	4:15-5:00pm	5:00-5:45pm	3:30-4:30pm	4:30-6:00pm
Child's Name: _____	Age: _____	3:30-4:15pm	4:15-5:00pm	5:00-5:45pm	3:30-4:30pm	4:30-6:00pm
Child's Name: _____	Age: _____	3:30-4:15pm	4:15-5:00pm	5:00-5:45pm	3:30-4:30pm	4:30-6:00pm
Child's Name: _____	Age: _____	3:30-4:15pm	4:15-5:00pm	5:00-5:45pm	3:30-4:30pm	4:30-6:00pm
Parent's Name: _____	Contact Number: _____					

Pacific Sands Penguins "Everyone Swims!"

PSST/2016 spring swim