



2017 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 3 to Friday, May 5: Mon-Wed-Fri from 6:00 pm - 6:45 pm

Session 2: Monday, April 3 to Friday, May 5: Mon-Wed-Fri from 6:50 pm - 7:35 pm

Session 3: Saturday, April 1 to Saturday, May 6 : Tues, Thurs: 5:30 - 6:15 pm, Sat. 8:30 -9:15 am

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 beginning Monday, February 6, 2017; non-members may register beginning Monday, Feb 13, 2017 at 10 am.

There will be no practice April 17 - April 21.

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 8 from 7:00 am-12:15 pm, Saturday, April 29 from 7:30 am-12:15 am, Wednesday, May 10 from 6:30 pm-8:30 pm, Sunday, May 21 from 7:30 am - 12:15 pm, Wednesday, June 7 from 6:30 pm-8:30 pm.

Note: This is not intended for Swim Team.

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Schedule

Dates	Session 1	Session 2		Member Cost	Non-Member Cost
Monday, April 3 Through Friday, May 5 2017	Mon-Wed-Fri 6:00pm-6:45 pm	Mon-Wed-Fri 6:50pm-7:35 pm		\$100	\$150
			Session 3		
Saturday, April 1 Through Saturday, May 6, 2017			Tues & Thurs 5:30pm-6:15pm Saturday- 8:30 - 9:15 a.m.	\$100	\$150

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, 2017

Circle One Session Only Per Registration

Child's Name	Age	Session 1 6:00 pm-6:45 pm Mon-Wed-Fri	Session 2 6:50 pm -7:35 pm Mon-Wed-Fri	Session 3 5:30 pm-6:15 pm Tues and Thurs. Sat: 8:30 - 9:15 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