



Pacific Sands Cabana Club

Stroke Instruction Class



Stroke Instruction is a class offered to all members of the Pacific Sands Cabana Club and highly recommended for all swimmers that plan on competing with the summer swim team. The class is geared towards improving swimming skills in all of the strokes. Within each week there will be one day dedicated to Freestyle and Backstroke drills, and another day dedicated to Butterfly and Breaststroke drills. Friday practices will consist of fun, swimming related games and gimmicks. Most groups will only practice every other Friday, so make sure not to miss these days. Classes are divided into age groups based on summer swim team eligibility (age on 6/1/18). Classes will develop efficient swimming technique, breath control, endurance and self-confidence. Registration is limited to 30 swimmers per session on a first come, first serve basis. These classes are not intended for junior lifeguard preparation and swimmers should not enroll in both programs.

4-6 year-olds:	4/10 to 5/4	Tuesday, Thursday, 3:30-4:00 PM Friday Sunday (4/20 and 5/4 only) 3:30-4:00 PM
7-8 year-olds:	4/10 to 5/3	Tuesday, Thursday, 4:00-4:45 PM Friday Sunday (4/13 and 4/27 only) 3:30-4:00 PM
9-10 year-olds:	4/9 to 5/4	Monday, Wednesday, 3:30-4:30 PM Friday Sunday (4/20 and 5/4 only) 4:00-5:00 PM
11-12 year-olds:	4/10 to 5/3	Tuesday, Thursday, 4:45-6:00 PM Friday Sunday (4/13 and 4/27 only) 4:00-5:00 PM
13-18 year-olds:	4/9 to 5/4	Monday, Wednesday, 4:30-6:00 PM Friday Sunday (Every Friday) 5:00-6:00 PM

Head Coach: Cory Tague

Contact: penguins.coach@cabanaclubhb.org

Aquatic Background: Cory swam and played water polo at Edison High School, earning All-League, All-CIF, and All-American Honors. Cory went on to swim at California State University Bakersfield where he earned individual and team NCAA championships and was a 17 time All-American. Cory was a California State Parks Lifeguard for 13 years at Huntington and Bolsa Chica State Beaches. During his time as a lifeguard he received the Lifeguard of the Year Award and spent many years working in the junior lifeguard program. Cory was the head swim coach at Edison High School for 5 seasons, where he earned the OC Register Swimming Coach of the Year award, and also at Huntington Beach High School for 3 seasons. Cory is the current head coach of the Pacific Sands Penguins swim team and a teacher at the Orange County School of the Arts.

Cost: \$50/swimmer

Payment is due upon registration. NO REFUNDS are available.

Parents must complete a Registration/Permission and Emergency Medical Release Form and make payment in full before a participant may enter the water. Please bring your completed form with payment to the Pacific Sands Cabana Club Office (8141 Atlanta Ave., Huntington Beach, CA 92646). For questions regarding space availability, payment or club membership please call the office at 714-536-8091 or email: manager@cabanaclubhb.org

For information about the Junior Guard Preparatory Class or the Pacific Sands Penguins Swim Team, please email: penguins.coach@cabanaclubhb.org