



Pacific Sands Cabana Club

Fall Stroke Instruction



Fall Stroke Instruction is a 6-week offering 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. Classes are divided into age groups based on summer swim team eligibility (age on 6/1/21). Classes will develop efficient swimming technique, breath control, endurance, and self-confidence.

Newer 4-6 year-olds:	10/11 to 11/17	Monday, Wednesday, 4:00-4:30 PM 30 minute practices
Returning 4-6 year-olds:	10/11 to 11/17	Monday, Wednesday, 4:30-5:00 PM 30 minute practices
7-8 year-olds:	10/12 to 11/18	Tuesday, Thursday, 4:00-4:45 PM 45 minute practices
9-10 year-olds:	10/11 to 11/17	Monday, Wednesday, 5:00-6:00 PM 1 hour practices
11 and Older:	10/12 to 11/18	Tuesday, Thursday, 4:45-6:00 PM 1 hour 15 minute practices

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. 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 math teacher at the Orange County School of the Arts.

Cost: \$125/first swimmer \$100/each additional swimmer in the same family

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, registration, payment or club membership please call the office at 714-536-8091 or email: manager@cabanaclubhb.org. For more information about the Pacific Sands Fall Swim Camp, please email: penguins.coach@cabanaclubhb.org.