

SWIMMERS LAST NAME: _____ **FIRST:** _____ **AGE:** _____
SWIMMERS LAST NAME: _____ **FIRST:** _____ **AGE:** _____
SWIMMERS LAST NAME: _____ **FIRST:** _____ **AGE:** _____
 PARENT(S) NAMES: _____
ADDRESS: _____ **POOL** _____ **SCHOOL** _____
HOME PHONE _____ **WORK PHONE** _____ **EMAIL:** _____
EMERGENCY CONTACT: _____ **PHONE:** _____

LIST ANY MEDICAL CONDITIONS

I (we) give our consent to participate in all events conducted by Pacific Swim/Facility. I/we agree not to hold any employee/representative of the team liable for personal injury or loss or damage to property.
 If a parent, family Physician or dentist cannot be contacted in an emergency, I (we) authorize any coach or Representative to obtain emergency care

Parent Signature _____ **Date:** ____/____/____

Checks Payable to : Pacific Swim, 14343 Silverset St. Poway, Ca 92064



DEVELOPMENTAL
 & COMPETITIVE
 SWIM PROGRAM
 FOR MORE INFO
 Di Molenaar

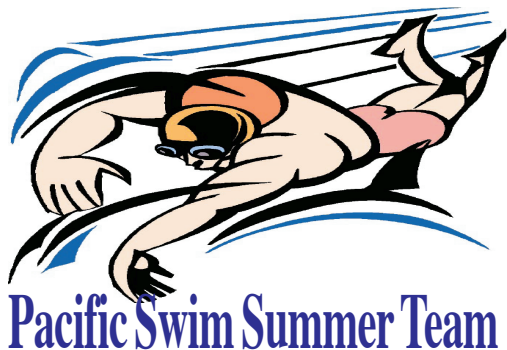
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Summer
 Swim
 Team
 2010

June 14- August 6

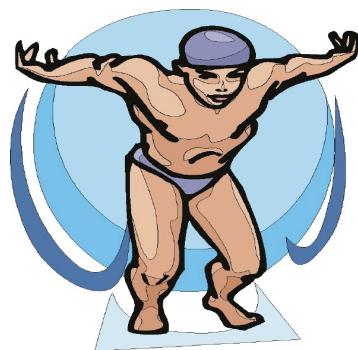
A Positive swimming experience for all levels.



The summer swim team will be run by Pacific Swim, a year round swim program for every level swimmer. The swimmers will be under the supervision of United States Swimming registered coaches, who have many years teaching experience. The swimmers will participate in fun meets where everyone wins ribbons. The four competitive strokes will be covered. The swimmers will do stroke technique and drills designed to make their swimming easier and more efficient. They will be divided into groups according to their age and ability, enabling the coach to do the appropriate stroke work. The emphasis will be on further developing the competitive strokes.

Swim Meet Dates

- 10 July
- 24 July
- 31 July
- 6 August



Games and drills will be taught while having fun and building endurance. Swimmers may swim at any of the workouts. The beginner practice is 1/2 hour while the advanced workout is an hour. We recommend swimming 3 times a week. There are four optional swim meets during the summer with ribbons for all and medals for top 8 at the championship meet.

Locations

Rancho Arbolitos
14343 Silverset St.
Poway

Frogs Fitness
12171 World Trade Dr.
Carmel Mtn. Ranch

Doubletree Golf Resort
14445 Penasquitos Dr.
Rancho Penasquitos.

Westview High School
13500 Camino Ruiz
San Diego, 92129

4S Ranch Community Pool
16118 4S Ranch Parkway
San Diego



Practice Schedules

Rancho Arbolitos

Beginner	10.00 - 10.30 am	Mon - Sat
Advanced	9.00 - 10.00 am	Mon - Sat
Beginner	4.00 - 4.30 pm	Mon - Thur
Advanced	4.30 - 5.30 pm	Mon - Thur

Frogs

Beginner	10.30-11.00 am	Mon - Thur
Advanced	9.30 -10.30 am	Mon - Thur
Beginner	5.00 - 5.30 pm	Mon - Thur
Advanced	5.30 - 6.30 pm	Mon - Thur

Doubletree

Beginner	10.00 -10.30 am	Mon - Fri
Advanced	9.00 -10.00 am	Mon - Fri
Beginner	4.00 -4.30 pm	Mon - Thur
Advanced	4.30 - 5.30 pm	Mon - Thur

Westview High School

Beginner & Advanced	8.30 – 9.30 am	Mon - Thur
Beginner & Advanced	5.00 - 6.00 pm	Mon - Thur

4S Ranch

Beginner	10.00 - 10.30 am	Mon -Fri
Advanced	9.00 - 10.00 am	Mon -Fri
Beginner	4.30 - 5.00 pm	Mon-Thur
Advanced	5.00 - 6.00 pm	Mon-Thur

A beginner swimmer is able to swim freestyle & backstroke across half the length of the pool.

An advanced swimmer is able to swim backstroke & freestyle the whole length of the pool.

\$250.00

Questions: Call Di (858)486-3670