



AQUATICS

JUNIOR STROKE

Junior Stroke is specifically designed for children, ages 4 – 18, who know how to swim and are serious about improving their swimming skills. The primary focus is to teach and refine stroke technique while increasing endurance in a non-competitive environment. Junior Stroke is coached by Dottie Banta.

Instructor: Dottie Banta

Location: Indoor Pool at the Main Club – 825 Jones Road, Yuba City CA 95991

Dates: September - May

Days/Time: Beginner	Tues. & Thurs.	3:30pm – 4:00pm
Intermediate/Advanced	Tues & Thurs.	4:00pm – 5:00pm

Cost (per month): Beginner (\$45.00) Intermediate/Advanced (\$55.00)

Level Descriptions:

Beginner – Must be able to swim 25-yards (one length of the lap pool) with fins in any stroke form. Also must be cooperative and able to swim with other children.

Intermediate – Increased endurance with refined stroke technique of all 4 competitive strokes. Also must be cooperative and able to swim with other children.

Advanced – Competitive swimmers and swimmers interested in conditioning while improving strokes and turn techniques.

Additional Information: Must be a Yuba City Racquet Club Member to participate. For further information, contact the Aquatics Department at (530)673-6900 x 109 or terry@ycrc.com

* Cancellation Policy: All cancellations must be received in writing 15 days prior to the next billing cycle (first of the month). No refunds or make-up-classes.

JUNIOR STROKE PROGRAM 2011

\$15

Swimmer Name: _____ **Age:** _____

Parent / Guardian Name: _____ **Phone Number(s):** _____

Level (Circle): Beginner (\$45.00) Intermediate/Advanced (\$55.00)

Payment: Check # _____ or House Charge Signature: _____ Date: _____