



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.

Dates: September 8th, 2009 – May 31st, 2010

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

Cost (per month): Beginner (\$40) Intermediate (\$45) Advanced (\$55)

Days: Beginner	Tues and Thurs	3:30 – 4:00pm
Intermediate	Tues and Thurs	4:00 – 5:00pm
Advanced	Mon and Weds	4:00 – 5:00pm

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 2010

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Swimmer Name: _____ **Age:** _____

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

Level (Circle): Beginner (\$40) Intermediate (\$45) Advance (\$55)

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

If other (credit card, cash, etc) accounting department will contact you directly.