



AQUATICS

JUNIOR SWIM

This program is specifically designed for children, ages 6 – 18, who know how to swim and are serious about improving their swimming skills. The primary focus is to develop / refine stroke technique and increase endurance in a non-competitive environment. Junior swim is coached by Amy Triphan.

Dates: Offered Year Round

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

Cost (per month): \$45

Days: Tuesday and Thursday 6:30 – 7:30pm

Level Descriptions:

Intermediate – Increased endurance with refined stroke technique of all 4 competitive strokes.

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 SWIM PROGRAM 2010

S18

Swimmer Name: _____ **Age:** _____

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

Level (circle): Intermediate (\$45) Advanced (\$45)

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

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