

**2018 Fair Oaks Dolphins March Swim Clinic**

**Where**: Bella Vista High School – 8301 Madison Ave. Fair Oaks, CA

The Spring Swim Club is a *fun*, four-week stroke clinic for juniors ages 6 to 18. We will spend one week on each of the four competitive strokes: freestyle, backstroke, butterfly, and breaststroke, in preparation for the upcoming Swim Team season. This program will emphasize proper stroke development using drills, games and other teaching techniques. **This is NOT a beginner swim lesson.** *Your child must be completely water safe, comfortable with his/her face in the water, and have appropriate behavior and listening skills for a group environment.* The Dolphins Head Coach Michelle Pare, as well as Coach Kim Berrios and Coach Jack Solt will be leading this clinic.

This clinic will be held on Mondays, Wednesdays, and Thursdays. March 5th through March 29th.

Session times are 6:15 to 7:15pm for beginners (8 and unders) and 6:15 to 7:30 for the intermediate group (8-11 years old), and 7:15 to 8:30pm for the advanced group (11 and up).

**The ages listed are approximate**. Swimmers will be placed in groups according to ability more so than by age. The Beginner group is for those new to swim team or still learning their fundamentals. The intermediate group is for younger swimmers who have efficient flutter kicking, good side-breathing, and have been introduced to all four strokes. They are working to master stroke fundamentals (streamlining, kicking, head position, and breathing/breath control). The Advanced group swimmers have mastered their fundamentals, have good stroke mechanics, and are learning advanced drills/turns.

**Registration**: Please fill out the registration form attached and a check made out to Fair Oaks Dolphins and either email Michelle Forbess at [mforbess@comcast.net](mailto:mforbess@comcast.net) or mail to FOD, P.O. Box 5025, Fair Oaks, CA 95628. The cost of the clinic is **$90** per swimmer.

\*\*Space is limited so sign-up ASAP! Registration is first come, first serve. Last year the early group filled up so don’t delay! Your registration is not complete until payment is received.

Any questions regarding the FOD Swim clinic email Michelle Pare mmpare10@gmail.com or contact us on our website at [www.fairoaksdolphins.org](http://www.fairoaksdolphins.org).



**Fair Oaks Fall Swim Clinic Registration**

Swimmer’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age\_\_\_\_\_\_ Birthdate\_\_\_\_\_\_\_\_ M / F

Swimmer’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age\_\_\_\_\_\_ Birthdate\_\_\_\_\_\_\_\_ M / F

Swimmer’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age\_\_\_\_\_\_ Birthdate\_\_\_\_\_\_\_\_ M / F

Parent’s Name(s)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City, State, Zip\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell or work phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Summer rec team: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Years on the team: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How did you hear about the program?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Other information or special requests\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Does your child have asthma, diabetes or any other medical condition we should be aware of? \_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Clinic Fee: $90 per swimmer (Fees not refundable after start date)

Total Enclosed: $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Check #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_