

2020 SPRING SWIM CLINIC

Pre-summer recreational swim team clinic...

- Improve technique, balance, and focus to build a more efficient and faster stroke. Learn the importance of Starts, Turns and Finishes that are critical in short course racing.
- Break bad habits and reinforce good habits. Each week is a different stroke with starts/turns. Develop skills that will enable swimmers to better strokes and improve speed.
- Get a head start on your upcoming swim season from experienced swim coaches.
- *All participants must be able to swim multiple laps consecutively in the pool and have knowledge of the competitive strokes.* If you are unsure about your child's ability we are happy to do an evaluation by appointment (contact information below). If your child is already registered and does not meet the criteria they will be moved to swim lessons.
- Classes are four days a week, Monday—Thursday. Space is limited.
- Cost is per swimmer, membership or AK registration proof required to participate. Prorated amount (for remaining weeks), if class is not full.

To register, fill out form and turn into Front Desk with payment to be guaranteed a spot. For questions or more information contact: Cindi Coats at 925-420-4575 x6514 or cindic@sparetimesportsclubs.com.



Clinic Information:

March 2 — April 10 Monday-Thursday

Early Registration \$120—by 2/17/20

Late Registration \$150—after 2/17/20

5-8 years old:	3:30—4:00 PM
(beginners)	4:00—4:30 PM
	4:30—5:00 PM

7-10 years old:	3:30—4:15 PM
(beginner/intermediate)	6:00—6:45 PM

9 years and older:	4:15—5:00 PM
(intermediate/advanced)	6:45—7:30 PM

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Registration Form

Swimmer Name: _____ Age: _____ Swimmer Membership # _____

Parent Name: _____ Phone: _____

Parent Email: _____

Emergency Contact Name: _____ Phone: _____

Medical conditions or medications we need to be aware of? _____

1. All clinic fees are due at time of enrollment. If fees are not paid I agree to allow the club to charge my membership account.
2. There is no makeup or refund for missed or cancelled clinics (illness, pool closures, weather, etc.).
3. Clinics are subject to cancellation by club if enrollment is low. If alternate clinics cannot be scheduled a full refund of clinic fees will be issued.
4. Spectators are to watch from designated seating areas only and are not permitted to interrupt or distract from the clinic.
5. The goal is to help each participant progress, your participant may or may not progress to by clinic end.
6. We reserve the right to change instructors during any clinic.
7. *All participants must be able to swim multiple laps consecutively in the pool and have knowledge of the competitive strokes.* If your child is already registered and does not meet the criteria they will be moved to swim lessons.
8. Model Release: I hereby grant to Spare Time, Inc. and its legal representatives and assigns, the irrevocable and unrestricted right to publish photographs and video of me, or photos/video in which I may be included, for advertising and all other media purposes relating exclusively to Spare Time Inc. and its sports clubs and spas. Media purposes may include, but are not restricted to, these mediums: print, electronic, web-based, and social media, including, but not restricted to Facebook and Instagram. I hereby release Spare Time, Inc. and its representatives and assigns from all claims and liability relating to said photographs/video.
Initial here to opt out of the Model Release: _____
1. Refund policy: Full refund=Cancellation with 14 or more days advance notice prior to clinic start.
50% refund= Cancellation within 7-13 days advance notice prior to clinic start.
Zero refund= Missed clinic, clinic, or less than 7 days advance notice prior to clinic start.

I have read, understood, and agree to the above listed terms and information.

Parent Signature: _____ Date: _____