

AquaKnights Spring Clinics

Optional stroke technique clinics offer experienced swimmers the opportunity to brush up on stroke technique prior to the season launch. Each one-week session will focus on body position, head position, and breathing technique. Session one will focus on freestyle and backstroke, session two will focus on breaststroke and butterfly, and session three will focus on underwater works, turns, and finishes. Swimmers are more than welcome to sign up for more than one session to reinforce ideas or continue to be in the pool before the season begins. Each session will be limited to 21 swimmers (3 swimmers per lane) per age group. This program is coached from the deck and runs prior to our season launch. Swimmers aged 6-8 years old should have prior swim team experience in order to maximize the experience for all participants.

This is not intended as a learn to swim program.

CLINIC TIMES:

8 & Unders: 3:45pm - 4:30pm

9 & 10's: 4:30pm - 5:15pm

11 & Up's: 5:15pm - 6:00pm

SESSIONS:

March 1st - March 5th: Freestyle & Backstroke

March 8th - March 12th: Breaststroke & Butterfly

March 15th - March 19th: Underwater Works, Turns, & Finishes

FEES:

\$100 for one session

\$180 for two sessions

\$250 for three sessions

SIGN UP DEADLINE:

February 26th, 2021

All participants must be members of DHSC

COUNTY ELIGIBILITY:

As a reminder, to remain eligible for the Contra Costa County Championship Meet, no recreational swimmer can participate in lessons/clinics from 1/1/21 through 2/28/21. Lessons/clinics cannot exceed 15 hours between 3/1/20 and 3/31/20.

CONTACT INFO:

Aquatics Director, Katrina Sudweeks

KatrinaS@sparetimesportsclubs.com 925-420-4575



Swimmers should arrive each day with the following:

Masks/Facial covering worn upon checking in and entering/exiting the pool & club areas

Proper physical distancing at 6ft apart will be practiced



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Registration Form

Swimmer Name: _____ Age: _____ Membership #: _____

Parent Name: _____ Phone #: _____

Parent Email: _____

Emergency Contact Name: _____ Phone #: _____

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

1. Diamond Hills Sports Club and Spa membership is required prior to clinic enrollment.
 - a. Clinic Membership Promotion \$0 initiation fee
2. All clinic fees are due at time of enrolment. If fees are not paid I agree to allow the club to charge my membership account.
3. Clinic space is limited to 21 participants (3 swimmers per lane) per session, per age group.
4. There is no make up or refund for missed or canceled clinics (illness, pool closure, weather, etc.)
5. Clinics are subject to cancellation by the club if enrollment is slow. If alternate clinics cannot be scheduled, a full refund of clinic fees will be issued.
6. Spectators must be active members of DHSC and are to watch from designated seating areas only and are not permitted to interrupt or distract from the clinic.
7. The goal is to help each participant progress, however progression is not guaranteed.
8. We reserve the right to change instructors during any clinic.
9. 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.
10. Model Release I hereby grant Spare Time Inc. and it's legal representatives and assigns the irrevocable and unrestricted right to publish photographs and video of me, or photo/video in which I may be included, for advertising an 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 photograph/video.

Initial here to opt-out of the Model Release: _____
11. Refund policy: There will be a 0% refund policy due to limited capacity in our sessions.
12. Masks/facial coverings must be worn by all participants upon checking in to DHSC while entering and exiting the pool and club areas.
13. Participants must practice physical distancing at 6 feet apart at all times.
14. Participants feeling ill or experiencing COVID-19 symptoms may not participate in any clinics.

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

Parent Signature: _____ Date: _____