

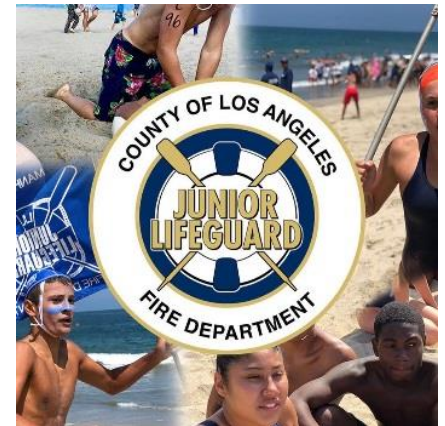


Junior Lifeguard Prep Class



Prepare to meet the qualifications for the 100-yard freestyle swim test for the Los Angeles County Junior Lifeguard program with this class focusing mainly on freestyle technique

- What:** -Build endurance using efficient technique
-Develop race strategies
-Learn effective starts & turns
-Timed swims to chart progress
- When:** Monday, Wednesday and Thursday 5:00-5:45pm
Two Three-Week Sessions (9 Classes per Session)
January 31-February 17 & February 28-March 17
- Where:** Hawthorne Pool, 12501 S. Inglewood Ave. 90250
Outdoor pool, heated
- Cost:** \$125 payable via online registration.
- Instructor:** Sue Stohrer South Bay Swim Team Coach
Certified USA Swimming Coach
- Requirements:** -Must be able to swim 50 Yards Freestyle nonstop on the first day of class
-Goggles required; Swim cap for long hair
-Swim suits: One Piece for Girls
Jammers or Trunks for Boys
- Clinic size:** Minimum 8 students Maximum 12
- To Register:** www.SouthBaySwimTeam.org See 'Events' Tab
Pre-Registration Required-Limited to Space Available
- Questions?:** Contact Coach Sue Stohrer
getfitforyou@yahoo.com 310.429.8596
Or email SouthBaySwimTeam@socal.rr.com



Note: Participation in class does not guarantee acceptance into LA County Junior Lifeguard program