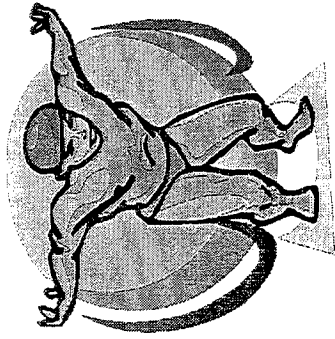


Pacific Swim Summer Team

The summer swim team will be run by Pacific Swim, a year round swim program for every level swimmer. The swimmers will be under the supervision of United States Swimming registered coaches, who have many years teaching experience. The swimmers will participate in fun meets where everyone wins ribbons. The four competitive strokes will be covered. The swimmers will do stroke technique and drills designed to make their swimming easier and more efficient. They will be divided into groups according to their age and ability, enabling the coach to do the appropriate stroke work. The emphasis will be on further developing the competitive strokes.

Swim Meet Dates

11 July
18 July
25 July
8 August



Games and drills will be taught while having fun and building endurance. Swimmers may swim at any of the workouts. The beginner practice is 1/2 hour while the advanced workout is an hour. We recommend swimming 3 times a week. There are four optional swim meets during the summer with ribbons for all and medals for top 8 at the championship meet.

Locations

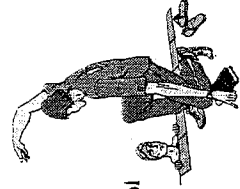
Rancho Arbolitos
14343 Silverset St.
Poway

Frogs Fitness
12171 World Trade Dr.
Carmel Mtn. Ranch

Doubletree Golf Resort
14445 Penasquitos Dr.
Rancho Penasquitos.

Westview High School
13500 Camino Ruiz
San Diego, 92129

4S Ranch Community Pool
16118 4S Ranch Parkway
San Diego



Practice Schedules

Rancho Arbolitos

Beginner	10.00 - 10.30 am	Mon -Sat
Advanced	9.00 - 10.00 am	Mon -Sat
Beginner	4.00 - 4.30 pm	Mon-Thur
Advanced	4.30 - 5.30 pm	Mon-Thur

Frogs

Beginner	10.30-11.00 am	Mon -Thur
Advanced	9.30-10.30 am	Mon -Thur
Beginner	5.00 - 5.30 pm	Mon -Thur
Advanced	5.30 - 6.30 pm	Mon -Thur

Doubletree

Beginner	10.00 - 10.30 am	Mon - Fri
Advanced	9.00 - 10.00 am	Mon - Fri
Beginner	4.00 - 4.30 pm	Mon - Thur
Advanced	4.30 - 5.30 pm	Mon - Thur

Westview High School

Beginner & Advanced	8.30 - 9.30 am	Mon - Thur
Beginner & Advanced	5.45 - 6.45 pm	Mon - Thur

4S Ranch

Beginner	10.00 - 10.30 am	Mon -Sat
Advanced	9.00 - 10.00 am	Mon -Sat
Beginner	3.30 - 4.00 pm	Mon-Thur
Advanced	4.00 - 5.00 pm	Mon-Thur

A beginner swimmer is able to swim freestyle & backstroke across half the length of the pool.

An advanced swimmer is able to swim backstroke & freestyle the whole length of the pool.

\$250.00

Questions: Call Di (858)486-3670

SWIMMERS LAST NAME: _____ FIRST: _____ AGE: _____
SWIMMERS LAST NAME: _____ FIRST: _____ AGE: _____
SWIMMERS LAST NAME: _____ FIRST: _____ AGE: _____

PARENT(S) NAMES: _____
ADDRESS: _____ POOL _____ SCHOOL _____

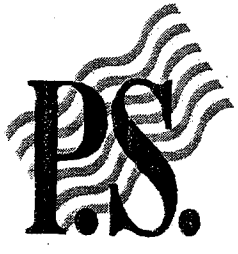
HOME PHONE _____ WORK PHONE _____ EMAIL: _____
EMERGENCY CONTACT: _____ PHONE: _____

LIST ANY MEDICAL CONDITIONS _____

I (we) give our consent to participate in all events conducted by Pacific Swim/Facility. I/we agree not to hold any employee/representative of the team liable for personal injury or loss or damage to property.
If a parent, family Physician or dentist cannot be contacted in an emergency, I (we) authorize any coach or Representative to obtain emergency care

Parent Signature _____ Date: ____/____/____

Checks Payable to : Pacific Swim, 14343 Silverset St. Poway, Ca 92064



DEVELOPMENTAL
& COMPETITIVE
SWIM PROGRAM
FOR MORE INFO
Di Molenaar

858 486-3670

June 15 - August 8
A Positive swimming experience for all levels.

Summer
Swim
Team
2009

Pacific Swim

