

# *Registering for the Stoke and Turn Clinic*

## **By Mail – Must be postmarked by February 4th**

Must include completed stroke and turn form & payment

No forms will be accepted with a postmark date after February 4<sup>th</sup>. If you want to sign up after this date you must come to Registration Night

Mail To

Piranha Stroke and Turn

Attn: Raelynn Springer

9415 Crowell Dr

Elk Grove, CA 95624

## **At Registration Night**

Must have completed stroke and turn form & payment

**Please be aware there are a limited number of spots open in each of the age groups for the stroke and turn clinic. So if you are interested sign up early.**

<b>Age Group</b>	<b># of Openings</b>
6 unders	10
7-8	21
9-10	30
11-18	56

# Elk Grove Piranhas Swim Team

## Starts, Strokes, and Turns Clinic

Registration Form for the March 2010 Clinic

### Clinics:

Date: \_\_\_\_\_ Days: \_\_\_\_\_ Times: \_\_\_\_\_ Groups: \_\_\_\_\_

#### Freestyle

March 1, 2, 4	Monday, Tuesday, Thursday	5:00 – 5:30	6 & U year olds
March 1, 2, 4	Monday, Tuesday, Thursday	5:00 – 5:45	7-8 year olds
March 1, 2, 4	Monday, Tuesday, Thursday	5:45 – 6:30	9-10 year olds
March 1, 2, 4	Monday, Tuesday, Thursday	6:30 – 7:30	11- 18 year olds

#### Backstroke

March 8, 9, 11	Monday, Tuesday, Thursday	5:00 – 5:30	6 & U year olds
March 8, 9, 11	Monday, Tuesday, Thursday	5:00 – 5:45	7 - 8 year olds
March 8, 9, 11	Monday, Tuesday, Thursday	5:45 – 6:30	9 – 10 year olds
March 8, 9, 11	Monday, Tuesday, Thursday	6:30 – 7:30	11- 18 year olds

#### Breaststroke

March 15, 16, 18	Monday, Tuesday, Thursday	5:00 – 5:30	6* & U year olds
March 15, 16, 18	Monday, Tuesday, Thursday	5:00 – 5:45	7 – 8 year olds
March 15, 16, 18	Monday, Tuesday, Thursday	5:45 – 6:30	9 – 10 year olds
March 15, 16, 18	Monday, Tuesday, Thursday	6:30 – 7:30	11- 18 year olds

\* freestyle for 6 and unders

#### Butterfly

March 22, 23, 25	Monday, Tuesday, Thursday	5:00 – 5:30	6* & U year olds
March 22, 23, 25	Monday, Tuesday, Thursday	5:00 – 5:45	7 – 8 year olds
March 22, 23, 25	Monday, Tuesday, Thursday	5:45 – 6:30	9 - 10 year olds
March 22, 23, 25	Monday, Tuesday, Thursday	6:30 – 7:30	11- 18 year olds

\* backstroke for 6 and unders

Caps or total per Age Group (not gender): 6 unders = 10; 7-8's = 21; 9-10 = 30; 11-18 = 56

\$ 30 per weekly session- 3 sessions total

\$ 100 per monthly – all 12 sessions total

By attaching my signature below, I hereby grant my permission for my child, \_\_\_\_\_, to participate in the Elk Grove Piranhas Swim Team Clinic Program. In consideration of participation in this program, I release Elk Grove Piranhas, its employees and representatives from any and all liability for injuries, which may arise as a result of my child's participation in the program.

Swimmer Name: \_\_\_\_\_ Age on June 15, 2010: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Address: \_\_\_\_\_

Payment Method: \_\_\_\_\_ Cash; \_\_\_\_\_ Check; \_\_\_\_\_ Credit Card