

Shark Swim Club - Registration Form 2020

Dates:

Mon-Thurs, June 15th - July 3rd (9:45am-11:00am)**
Mon-Thurs, July 6th - July 30th (3:45pm-5:00pm)**

Register:

1) PRINT OUT, 2) FILL OUT, 3) RETURN TO LFC POOL OFFICE.

Pricing:

SWIM CLUB (SW): 150.00

SWIM & DIVE CLUB (SD): 300.00 DIVE (NO SWIM) (DV): 150.00

Contact information:	
Member Last Name	
Member Parent First Name	
Contact Email -	@
Emergency Phone Number	
Swimmer Info:	
CHILD #1: FIRST NAME:	LAST NAME:
AGE: LEVEL:	(beginner, intermediate, advanced)
CLUB CHOICE: SW SE	DV
CHILD #2: FIRST NAME:	LAST NAME:
AGE: LEVEL:	(beginner, intermediate, advanced)
CLUB CHOICE: SW SE	DV
CHILD #3: FIRST NAME:	LAST NAME:
AGE: LEVEL:	(beginner, intermediate, advanced)
CLUB CHOICE: SW SE) DV

^{**} please see page 2 (reverse side) for age-group specific time slots for practices.

Age-Group Practice Times: **

JUNE 15TH - JULY 3RD (swim)

6 yrs & UNDER: MONDAY - THURSDAY (9:45-10:30AM)

** Skill work: swimmers will be able to swim 25 yards without stopping.**

7- 10 yrs.: MONDAY - THURSDAY (9:45-10:45AM)

Skill work: stroke work & training

11-15 yrs.: MONDAY - THURSDAY (9:45-11:00AM)

Skill work: stroke work & fitness training

JULY 6TH - JULY 30TH (swim)

6 yrs & UNDER: MONDAY - THURSDAY (3:45-4:30PM)

** Skill work: swimmers will be able to swim 25 yards without stopping.**

7- 10 yrs.: MONDAY - THURSDAY (3:45-4:45PM)

Skill work: stroke work & training

11-15 yrs.: MONDAY - THURSDAY (3:45-5:00PM)

Skill work: stroke work & fitness training

JUNE 15TH - JULY 3RD (dive)

ALL AGES: MONDAY - THURSDAY (11:00-11:45AM)

JULY 6TH - JULY 30TH (dive)

ALL AGES: MONDAY - THURSDAY (5:00-5:45PM)

**"Swimmers who have more or less skills may be moved to a different age-group for training purposes. Since we will not be having swim meets this Summer, flexible-grouping based on skill not necessarily on age, is an opportunity to improve swimmers' stroke mechanics & train with others of the at-or-just above skill level range.

Aquatics Director: Tim Richardson

tim@lakeforestclub.com 847.445.4839