



Junior Stroke Program

Concourse's Junior Stroke program is an exciting and fun way for children aged 6-13 to improve their swimming skills in a structured group setting. Each practice focuses on the correct stroke technique in each of the four competitive strokes. In addition we work on turns, pacing, swimming terminology, and practice sets to prepare swimmers for future competitive swim teams.

Level I (Ages 6-8)

- Must be able to swim an entire length of the pool without stopping, comfortably!
- Focuses on freestyle and backstroke, and proper breathing technique.
- Focuses on endurance and begin to learn the other competitive strokes.

We meet on Tuesday and Thursday afternoons from 4:00-4:45 PM.

Level II(Ages 8+)

- Must be able to swim freestyle with proper technique.
- Focuses on improving breathing and teaches the other competitive strokes.
- Focuses on speed and endurance in all 4 strokes.

We meet on Tuesday and Thursday afternoons from 4:45-5:45 PM.

Members: \$105/1st child/month, siblings \$95/child/month, \$65 1 day per week

Non Members: \$125/child/month, \$75 1 day per week

Join Us! Please complete this form and give it to any of our coaches.

Parent: _____ DOB: _____

Home Phone: _____ Work/Cell Phone: _____

Email: _____

Child #1 Name and DOB: _____

Child #2 Name and DOB: _____

Contact Nancy Overheim @ 901-337-6793 or cacirstrokeatl@gmail.com



Junior Stroke Program

All swimmers must provide credit card or debit card information above. Our billing system will automatically bill at the end of each lesson. Lesson rates vary upon level of instructor, and then vary for member and non-member rates. Please provide 24 hours advance notice for cancellation of participation in private or semi-private lessons. Any missed group classes will result in redemption of one class per missed lesson.

Member / Non Member #: _____

Credit Card: Amex Visa Master Card Debit Card

Credit Card# _____ Exp: _____ CVV#: _____

It is further expressly agreed that all exercises, treatments, and use of equipment and facilities of Concourse Athletic Club (CAC) shall be undertaken at the risk of the member and/or non-member or minor children and that the member/non-member assumes the risk of any injuries he or she or the member/non-member's minor children may suffer while using any of the equipment or the facilities of CAC, and that the CAC shall not be liable for any claims, demands, injuries, damages, actions or causes of action whatsoever to the member/non-member, the member/non-members minor children or property arising out of or connected with the use of any services, equipment, and/or facilities of CAC or of property or premises where the same are located, and the member/non-member does hereby expressly forever release and discharge CAC from all such claims, demands, injuries, damages, actions or causes of actions and from all acts of negligence, active or passive, and all other fault on the part of CAC, its servants, agents or employees.

Signature

Today's Date

Contact Nancy Overheim @ 901-337-6793 or cacjstrokeatl@gmail.com