

Green Valley Homeowners Recreation Association
2021 WINTER STROKE CLINIC

JANUARY 25 to MARCH 27

(No practice Monday, February 15)

Participants 5 to 18 years of age must be able to swim 25 yards unassisted

Coaches will instruct from the deck and will not be entering the pool water.

(No Learn to Swim or Beginner Swimmers this season due to the pandemic & social distancing)

Two Groups - Mon/Wed/Fri or Tue/Thurs/Sat only

North Pool, 10824 Los Jardines East, Fountain Valley

\$200 for residents/ \$225 for nonresidents

Maximum of 14 registered in each age group - one swimmer per lane at each end of the pool

Free Style, Breaststroke, Backstroke and Butterfly

Registration:

The Association office, 10739 Los Jardines West, Fountain Valley, is closed at this time.

Mail-in your registration, PO Box 8323, Fountain Valley, CA 92728

or drop in the Association mail slot on the back wall of the office.

Residents - November 30th to December 28th. Any remaining spots, non-residents will be added beginning December 29th. **Non-resident** registrations will be numbered as they are received and added to available slots beginning December 29th. Once it is full, we cannot add additional swimmers. Information 714-962-8205.

Payment must be made by check or Visa/MasterCard. Cash will not be accepted.

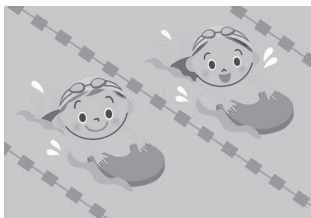
Please include a check or note on your form if you wish to use your credit card. We will contact you for the information once your registration has been approved. No refunds.

During Stroke Clinic, swimmers will line up in front of the pool main gate on one of the markings.

Coaches will usher swimmers in the front gate and assign them a lane. Swimmers will exit through the side gate after workout. No one will be allowed on the pool deck during practice.

(Parents, please wear a mask and stay socially distant should you remain in the park during practice.

Please bring your own sanitizing products should siblings use the playground equipment.)



Coaches request that
all swimmers wear goggles.

Rain or shine

We only cancel if there is lightning

The pool is heated at 84 degrees

You must register for your age group.
The coaches may move swimmers to a
different group depending on space and
swimmer's ability

STROKE CLINIC TIMES:

*5-6 years - 3:15 to 3:45 p.m.

*7-9 years - 4:00 to 4:45 p.m.

*9-11 years - 5:00 to 5:45 p.m.

*12-18 years - 6:00 to 7:00 p.m.

*Must be able to swim 25 yards on your own to register

*There is a 15 minute gap between groups for sanitizing

