

Green Valley Homeowners Recreation Association
2022 WINTER STROKE CLINIC

JANUARY 24 to MARCH 25

Monday through Friday (No practice Monday, February 21)

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

North Pool, 10824 Los Jardines East, Fountain Valley

\$225 for residents/ \$250 for nonresidents

Maximum of 25 registered in each age group

Free Style, Breaststroke, Backstroke and Butterfly

Registration:

In-person at the Association office, 10739 Los Jardines West, Fountain Valley,

Residents - November 29th to December 17th

Any remaining spots, non-residents can register beginning December 20th.
Once it is full, we cannot add additional swimmers. Information 714-962-8205.

Payment may be made by cash, check or Visa/MasterCard. No refunds.

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

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.

Coach Adam will be back for the clinic!



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 - 3:50 to 4:35 p.m.

*9-11 years - 4:40 to 5:25 p.m.

*12-18 years - 5:30 to 6:30 p.m.

*Must be able to swim on your own to register

