

## **Santa Clara Swim Club Pre-Masters Program**

The Pre-Masters program at Santa Clara Swim Club is designed for adults 19 and over who can swim at least one lap without rest, but are in need of stroke technique, and/or are intimidated by the thought of a “swim workout”. The goals of the program are to prepare swimmers for our Masters program or for another adult fitness program.

### **Scheduled Classes**

**Morning:** Monday-Wednesday-Friday 6:30 am to 7:30 am  
**Mid-Day:** Monday through Friday Noon to 1:00 pm  
**Evenings:** Tuesday and Thursday 7:15 pm to 8:15 pm

**SESSION I:** Monday, September 10 to Friday, November 16, 2007  
(No class week of November 19 – 23)  
**SESSION II:** Monday November 26 to Friday, February 15, 2008  
(No classes the weeks of December 24, 2007 to January 4, 2008.)  
**SESSION III:** Monday, February 18 to Friday, April 25, 2008  
**SESSION IV:** Monday, April 28 to Friday, July 11, 2008  
(No classes the week of May 12-16, 2008--41<sup>st</sup> International Swim Meet)  
**SESSION V:** Monday, July 14 to Friday, September 26, 2008  
(No classes the week of August 18 to 22, 2008)

### **Fees**

\$200/10 week session (prorated if you start after the session begins)

In addition there is a \$40 annual registration fee through United States masters and Pacific Masters. This is a required for insurance purposes.

### **Contacts**

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