

SIERRA COLLEGE

Winter 2011-1012 High School Swim Clinic

Presented by

*Sierra College Community Education &
Wolverine Aquatics Club*



WHERE: Sierra College Aquatic Complex, 5000 Rocklin Road, Rocklin, CA

WHEN: The clinic begins Monday, December 5 and runs through Thursday, January 26. Practices are Monday through Thursday from 6:30-8:00 PM. There is NO PRACTICE December 19 through January 2.

EMPHASIS: This clinic is designed for high school swimmers who are eager to improve their stroke technique while working on conditioning and endurance. **All participants MUST be in high school and able to swim all 4 strokes.**

EQUIPMENT: ALL PARTICIPANTS NEED TO BRING RUBBER SWIM FINS EVERYDAY. Goggles and swim caps are recommended.

REGISTRATION: The clinic fee is \$175. Register with Sierra College Community Education by **November 28, 2011** one of the following ways: 1) online at www.sccommed.org, 2) fax: (916) 781-6257, 3) phone: (916) 781-6280, 4) in person: 333 Sunrise Ave., Suite 300, or 5) by mail: Community Education, 333 Sunrise Ave., Suite 300, Roseville CA 95661. Please make checks payable to Sierra College or use MasterCard or VISA. ***This clinic will fill fast, so register ASAP!***

REGISTRATION FORMS: All participants must have a parent or guardian sign a release of liability/health form prior to clinic participation. **NO EXCEPTIONS! A parent or guardian must attend the first practice to ensure that each participant has complete paperwork on file for participation.** Thank you in advance for your cooperation.

**For More Information Call (916) 780-SWIM or Visit
www.WolverineAquaticsClub.com**

**Sierra College Community Education/Wolverine Aquatics Club, Inc.
Winter 2011-2012 Swim Clinic Registration Form**

Name _____ Age _____
Parent's Name _____ Phone _____
Address _____ Email _____
_____ #1116 Ages 13 & Up \$175
Emergency Contact _____
Emergency Phone _____ Sac Polo members \$125
To charge your registration fee on MasterCard or VISA
Card # _____ Exp. Date _____
Signature _____

Please make checks payable to Sierra College. Thank you!