

Green Valley Homeowners Recreation Association
2023 WINTER STROKE CLINIC

FEBRUARY 13 to MARCH 24

(No practice Monday, February 20)

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

North Pool, 10824 Los Jardines East, Fountain Valley
\$170 for residents / \$195 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. Office hours are 9:00am-5pm.

Residents - Beginning Monday, JANUARY 9, 2023

Any remaining spots, non-residents can register beginning Tuesday, **January 24th**.
Once it is full, we cannot add additional swimmers. Information 714-962-8205.

Payment may be made by cash, check or Visa/MasterCard (3% fee.) No refunds.

No one will be allowed on the pool deck during practice.



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:

CHANGE IN TIMES!!

9-10 years - 3:30 to 4:10 p.m.

7-8 years - 4:15 to 4:55 p.m.

*5-6 years - 5:00 to 5:30 p.m.

13-18 years - 5:35 to 6:25 p.m.

11-12 years - 6:30 to 7:15 p.m.

*Must be able to swim on your own to register

