

Green Valley Homeowners Recreation Association
2023 FALL STROKE CLINIC

MONDAY, SEPTEMBER 18th to THURSDAY, NOVEMBER 9th

(No practice Tuesday, October 31st)

Monday through Friday

North Pool, 10824 Los Jardines East, Fountain Valley

\$250 for residents / \$275 for nonresidents

Participants 5 to 18 years of age

(Must be water safe and able to swim unassisted - No Learn-to-Swim)

Free Style, Breaststroke, Backstroke and Butterfly

Registration:

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

Residents - Beginning Tuesday, August 1st, 9:00 a.m.

Nonresidents - Beginning Tuesday, August 22nd, 9:00 a.m.

Once it is full, we will not be adding additional swimmers.

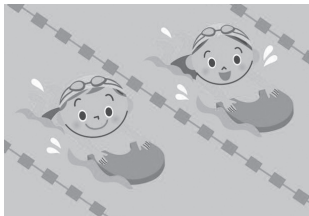
Payment may be made by check, cash, Visa or MasterCard. Credit cards add 3% transaction fee.

No refunds.

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

Information 714-962-8205

End of the Season Party - Thursday, November 9th



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.

UPDATED STROKE CLINIC TIMES:

13-18 years - 3:30 to 4:15 p.m.

11-12 years - 4:20 to 5:05 p.m.

8 & under new swimmers - 5:10 to 5:40 p.m.

8 & under returning GVST - 5:45 to 6:15 p.m.

9-10 years - 6:20 to 7:05 p.m.

*Coach Adam reserves the right to move swimmers
between groups as needed.

