

# Swim Academy

45 minute classes for Stations 7-8, and  
60 minute classes for Stations 9-10

**\$10 drop in or \$55 for 8 classes**

**A continuation of the *SwimAmerica* system for the developing swimmer with an emphasis on technique, endurance and excellence. This class is a great way to prepare for competitive swimming, water polo, and/or junior lifeguards.**

## **ACADEMY 1**

PREREQUISITES: 25m Freestyle with Side Breathing,  
10m Backstroke

### **SCHEDULE**

Spring, Summer, Fall: T/TH 4:30-5:15pm  
Summer ONLY: M-TH 10:30am-11:15am

## **ACADEMY 2**

PREREQUISITES: 100m of Freestyle, 25m Backstroke,  
25m Breaststroke, 10m Butterfly

### **SCHEDULE**

Year Round: M-TH 5:15-6:15pm  
Summer ONLY: M-TH 10:30am-11:30am

CALL COACH JEN AT (805) 239-8488 x16 IF YOU HAVE ANY QUESTIONS!



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**PLEASE USE ONE FORM FOR EACH PARTICIPANT**

**1 DROP-IN CLASS \$10**

**8 PRE-PAID CLASSES \$55**

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Kennedy Club Fitness does not refund lessons once they are purchased, please make your selections carefully. Parent/guardians are required to fill out the minor guest waiver in person and on site. All participants must sign in each day they attend.

**PARTICIPANT INFORMATION**

**First Name** \_\_\_\_\_ **M.I.** \_\_\_\_\_ **Last Name** \_\_\_\_\_

**D.O.B.** \_\_\_\_\_ **Age** \_\_\_\_\_ **Allergies** \_\_\_\_\_

**GUARDIAN INFORMATION**

**Name(s)** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Alt Phone** \_\_\_\_\_

**Email** \_\_\_\_\_ **Alt Email** \_\_\_\_\_

**Mailing Address** \_\_\_\_\_

**Payment Amount \$** \_\_\_\_\_ **Method:** CASH VISA MC CK# \_\_\_\_\_

**Credit Card #** \_\_\_\_\_ **exp** \_\_\_\_\_

**Signature** \_\_\_\_\_ **date** \_\_\_\_\_

**ADDITIONAL EMERGENCY CONTACT**

**Name** \_\_\_\_\_ **Relationship** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Alt Phone** \_\_\_\_\_