

Livermore Aquacowboys

Fall Rec Swim Team

WANT TO KEEP SWIMMING AFTER SUMMER LEAGUE?

From the beginning swimmer to the elite competitor, the LAC coaching staff takes pride in developing the necessary skills that allow each swimmer to reach his or her full potential. Whether you just want to stay in shape, improve your technique and endurance, or begin competing at the United States Swimming level, there is room for all!



Our 11-Week Fall Rec Program will take place from **September 8 – November 20**. Swimmers will be placed in groups according to ability. All practices are at the Livermore Valley Tennis Club. You **do not** need to be a member of LVTC to join the Livermore Aquacowboys. Swimmers are required to have a suit, cap, goggles, and cut fins (available in the LVTC Pro-Shop).

<u>*Fees and Practice Times:</u>			
Introductory:	\$295.00	M-F	4:30 – 5:00 PM
Beginner:	\$385.00	M-F	3:45 – 4:30 PM
Intermediate:	\$415.00	M-F	4:45 – 6:15 PM
Advanced:	\$445.00	M-F	4:30 – 6:00 PM
*10% Discount for LVTC members			
PLUS			
\$55.00 U.S. Swimming Athlete Registration Fee			
<small>(Good through December 2009)</small>			
ONLY IF YOU ARE PLANNING ON SWIMMING IN MEETS			

Space is limited!-Must be signed up by September 4th in order to swim the first day!

Please note the following changes to the above schedule
 Friday, October 30 Trick or Treat Practice & Costume Parade: **4-6PM (ALL GROUPS)**
NO PRACTICE:

An LAC meet schedule will be handed out in September and there are NO practices Mondays after meets.

CONTACT EMILY HORST (925) 443-7700 or HORST@LVTC.COM FOR ADDITIONAL INFO

LAC Fall Rec Registration Form

Swimmer Name _____ Birthday _____ Age _____

Address _____ City _____ Zip _____

Phone # _____ Work/Cell Phone # _____

Parent Name(s) _____

Email _____ Fall Rec Group _____

Emergency Contact _____ Phone # _____ Member # _____