



## **SANTA CLARA SWIM CLUB STROKE AND GROUP EVALUATION MONTH**

Beginning Monday, September 13<sup>th</sup>, we will begin our three week stroke and group evaluation month. This year the groupings are as follows:

Senior Groups (National, Gold, Silver, Ages 13 and up):	3:30pm – 5:00pm
White Bell and Junior Bell Groups (Ages 8 and under):	5:00pm – 6:00pm
Blue Bell (Ages 11-12) and Yellow Bell (Ages 9-10):	6:00pm – 7:30pm

The cost of the Stroke and Group Evaluation month for all groups (except National) is \$225.00. These costs are non-refundable. The breakdown is as follows:

Santa Clara Swim Club Registration:	\$80.00
US Swimming Registration:	\$60.00
Stroke Clinic	\$85.00

The stroke and group evaluation month will conclude on Friday, October 1<sup>st</sup>. We will also be offering two Saturday stroke workouts on Saturday, September 11<sup>th</sup> and Saturday, September 25<sup>th</sup>. These group times will be as follows:

Blue Bell Groups (Ages 11-12):	8:00am – 9:00am
Yellow Bell Group (Ages 9-10):	9:00am – 10:00am
White Bell Group (Ages 7-8):	10:00am – 11:00am
Junior Bells Group	11:00am – 12:00pm

To begin, the stroke and group evaluation month, please go to the group that you are currently swimming in, as of the first of September. If are new to Santa Clara Swim Club, please come by the office to make an appointment for an evaluation or call 408-246-5050. If your swimmer is moved after the month is complete, you will be notified.

The Fall/Winter Int'l Swim Center Afternoon Training Schedule is as follows for 2010-2011:

National/Gold/Silver:	3:30-5:30pm (International)(Monday-Friday) 6:00-8:30am (International) (Saturday)
White Bell:	4:30-5:30pm (International) (Monday- Friday) 10:00-11:00am (International) (Saturday)
Yellow Bell:	5:30-7:15pm (International) (Monday-Friday) 8:00am-10:00am (International) (Saturday)
Blue Bell	5:30-7:30pm (International) (Monday-Friday) 8:00am-10:00am (International) (Saturday)

Junior Bell and any additionally added workouts for other groups at Harker and Bucknall will be announced by the middle of September. Morning workouts for senior groups and dryland days and hours are TBA.