

WINE COUNTRY AQUATICS OF NAPA
www.wcanswim.org

SUMMER 2010 HIGH SCHOOL CONDITIONING PROGRAM

The WCAN High School Conditioning Program is being offered for a limited amount of time to 14 – 18 year old high school students who wish to train for their high school polo season or stay in shape after their high school swim season. Swimmer's joining the HS Conditioning Program will not be joining the team as year around members.

WCAN offers two High School Conditioning program with two options in each program. Please choose your program below:

FULL 10 WEEK PROGRAM

- 5 Days/Week** This program runs 10 weeks from 6/1/10 -8/6/10 M through F.
This program costs \$225.00 (***) plus Pac Swim membership fee)
- 3 Days/Week** This program runs 10 weeks from 6/1/10-8/6/10 (swimmer's
choice of three weekdays) This program costs \$170.00
(***) plus Pac Swim membership fee)

MINI 8 WEEK PROGRAM

- 5 Days/Week** This program runs 8 weeks from 6/14/10 -8/6/10 M through F
This program costs \$180.00 (***) plus Pac Swim membership fee)
- 3 days/Week** This program runs 8 weeks from 6/14/10-8/6/10 (swimmer's
choice of three weekdays) This program costs \$120.00
(***) plus Pac Swim membership fee)

*** Pacific Swimming Membership is required. The seasonal membership costs \$38 (payable to Pacific Swimming) and covers the cost of U.S.A. Swimming insurance, membership & administrative costs.

WCAN must have all forms completed and full payment for the chosen Summer High School Conditioning program and Pacific Swimming prior to swimmer's entry into the pool.

Practice times from 6/1 – 6/11 will be 6:00pm – 7:30pm. Practice times from 6/14 – 8/6 will be 8:00am – 10:00am.

I have read and understand the above and do acknowledge my financial responsibilities to join the WCAN's Summer High School Conditioning Program.

Print Member's (swimmer's) name

Date: _____

Member's Signature:

(Parent/guardian's signature if swimmer is under 18 years of age)