

2010 Summer Trainee Information

Fees are \$450 for both sessions or \$250 for each individual session or \$20 per class on a drop in basis plus \$45 USSSI annual registration fee for each swimmer.

Schedule: Practices will be held at Clarke Memorial Swim Center at Heather Farm Park

Mondays, Tuesdays, and Thursdays from 5:00 – 6:30 PM

(Please meet on the lawn behind the Diving Well at 5:00)

Session One: June 21-July 23, 2010

Session Two: August 4 - Sept. 5 (Swim Show – September 3-5), 2010

The first day of class in each session, new students will be evaluated for readiness to enter the program. Participants must be able to swim the length of a 25 meter pool and be comfortable in deep water without a floatation device. Those who do not pass this readiness evaluation will receive a full refund. IN ADDITION, the first 20 minutes of class June 21 and August 4 there will be a New Parent meeting. Please meet by the Diving Pool at the start of practice.

Fees: We offer three options for your convenience. All Participants must pay a non-refundable one-time fee of \$45 for registration with United States Synchronized Swimming. Fees are due the first day of participation.

- 1) **Whole 10 week Program plus Swim Show Participation** → \$450 + \$45 non-refundable registration fee
- 2) **Session One (5 weeks)** → \$250 + \$45 non-refundable registration fee
- 3) **Session Two (5 weeks + show)** → \$250 (+ \$45 non-refundable registration if you did not participate in 1st Session)
- 4) **Drop-in Swimmer (one class)** → \$20 per class + one-time \$45 non-refundable registration fee

Important Information:

Payment for classes should be made directly to the Coach at the beginning of class. Checks should be made out to "**The Walnut Creek Aquanuts.**"

- ✓ Every Swimmer should wear a swimsuit and bring goggles, swim cap, and nose clip to every practice. Nose clips will be available for purchase at the beginning of practice.
- ✓ Parents are welcome to observe practice from 6:15-6:30. We ask that aside from this time, parents not be on deck. Thank you for your understanding and cooperation.
- ✓ The annual swim show will be September 3-5. It is a fantastic event with a stage, lights, and costumes. All Session Two Summer Trainee participants are invited to participate! Rehearsal will occur the week before the show. Join the fun!

"The mission of the Walnut Creek Aquanuts is to provide a program that builds both bodies and minds, and instills skills that serve our swimmers for a lifetime."

HOW TO REGISTER

Complete the following forms and send, email or fax to:

Walnut Creek Aquanuts
2055 Bluerock Ct
Concord, CA 94521

fax 925-686-6295

email: weekinthecreek@astound.net

[Click Here for Trainee Registration Forms](#)

To print a flyer to post at your club, [please click here](#).

FOR ADDITIONAL INFORMATION/QUESTIONS:

Please email weekinthecreek@astound.net