

# Stroke School AND Pre-Swim Team

Last Name: \_\_\_\_\_



300 SUMMIT BLVD  
BROOMFIELD, CO 80021  
(303)729-4300

**PROGRAM DIRECTOR: JD KLINGENBERG PHONE: (303)729-2556 EMAIL: SWIMAMERICALAC@POWERWELLNESS.COM**

## Swimmer And Family Information

Swimmer #1 Name:	Age	Member Y N	Level	Sex M F	New Y N
Swimmer #2 Name:	Age	Member Y N	Level	Sex M F	New Y N
Swimmer #3 Name:	Age	Member Y N	Level	Sex M F	New Y N

*Families with 3 or more swimmers in the program receive a 15% discount on the family registration costs.*

Mother Name	Member Y N	Primary Phone	Primary Email
Father Name	Member Y N	Second Phone	Second Email

### Day and Time Information

	Mon	Tues	Wed	Thurs	Sat
4:00-4:45					
4:45-5:30					
10:15-11:00					

- Please indicate an alternative registration time with the letter A to ensure the best student teacher ratios.
  - Stroke School is Tuesday, Thursday, and Saturday.
- Pre-Competitive and Pre-Swim Team practice is Monday and Wednesday.
- Individuals participating in Monday and Wednesday classes after October 31st are NOT eligible for BVSSL.

By checking this box I prohibit Lakeshore Athletic Club and its affiliates from using pictures, video, and/or media of the above participants in any form for promotional purposes.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

By signing below I hereby acknowledge that I have read and agree to abide by all policies and procedures whether expressly presented or implied at:  
[www.lzac-flatiron.com/what-we-offer/aquatic-programs](http://www.lzac-flatiron.com/what-we-offer/aquatic-programs)

X \_\_\_\_\_

Enrollment Options		
<i>Circle your Payment Plan Selection</i>		
Payment Type	Member Price	Non-Member Price
<b>School Session – 15 weeks</b> (January 30 – May 24)	1x/week \$240 2x/week \$470	1x/week \$300 2x/week \$585
<b>School Year Monthly*</b> (January 31– May 24)	1x/week \$59 2x/week \$115	1x/week \$73 2x/week \$142
<b>Winter Session –8 weeks</b> (Jan 30– March 24)	1x/week \$132 2x/week \$256	1x/week \$165 2x/week \$320
<b>Calendar Month</b>	\$17/lesson	\$21.25/lesson
<b>Ala Carte Lesson**</b>	\$25/lesson	\$31.25/lesson

*Explanation of Payment Plan Policies/Procedures available at [www.lfac-flatiron.com/what-we-offer/aquatic-programs](http://www.lfac-flatiron.com/what-we-offer/aquatic-programs)*

\* Members MUST select to housecharge this option. Non-Members MUST provide a valid credit card to select this option.

\*\* Subject to space and availability. AUTHORIZATION FROM PROGRAM DIRECTOR REQUIRED PRIOR TO ATTENDANCE.

Equipment Order	
Female Suit	QTY _____ x 40.56 = _____
Male Suit	QTY _____ x 34.61 = _____
SwimAmerica Silicone Swim Cap	QTY _____ x 14.06 = _____
Goggles	QTY _____ x 14.06 = _____
Warm Belly Wet Suit	QTY _____ x 43.26 = _____
<b>Equipment Total:</b>	

**Non-Member Participation Waiver**

All exercises and use of all facilities shall be undertaken by the guest at the guest's sole risk. The club shall not be liable for any claims, demands, injuries, damages, action or causes of action whatsoever, to person or property arising out of or connected with the use of any of the services or facilities of the Club or the premises where the same are located or arising out of acts of active or possible negligence on the part of the Club, its employees or agents.

I have read this agreement and the rules and regulations of the Club which are incorporated herein by reference and I agree to be bound by the terms and conditions.

x \_\_\_\_\_

Parent/Guardian Signature Date

**Payment Information**

Method (Circle):  
 Visa MasterCard Discover Check (attach) House Charge

Name on Account: \_\_\_\_\_

Card Number \_\_\_\_\_ Exp \_\_\_\_\_

Registration Costs Total: \_\_\_\_\_ per Session/Month  
 Equipment Costs Total: \_\_\_\_\_  
 Total: \_\_\_\_\_

X \_\_\_\_\_

**Authorization Signature Date**

**For Office Use Only:**

RSTR \_\_\_\_\_ MACN \_\_\_\_\_ EQPT \_\_\_\_\_ BILL \_\_\_\_\_ DATA \_\_\_\_\_



Dear Swimming Family,

Thank you for your interest in joining our swimming programs at Lakeshore. We strive to offer the very best quality instruction for swimmers of all abilities, from first bubbles on through their competitive career. The information packet you are currently holding covers our Stroke School and Pre-Team programs.

The curriculum for both programs is essentially the same, to continue refinement of stroke technique and the skills necessary to be an effective and successful competitive swimmer. Swimmers need to have demonstrated the skills necessary to pass Level 7 of SwimAmerica and/or have coach's permission prior to participating in these programs; this is an essential foundation from which to continue their stroke development. There are a few subtle differences between the programs as well.

The Pre-Team program is primarily conducted by me, JD Klingenberg. I am the Aquatics Manager at Lakeshore, and founding Head Coach of the Lakeshore WhiteCaps Swim Team. The Lakeshore WhiteCaps is a year-round, USA Swimming registered program. For this reason, swimmers that participate in the Pre-Team program after October 31<sup>st</sup> of the year prior to the summer season are ineligible to compete in the Boulder Valley Summer Swim League (BVSSL). I also invite those swimmers with a desire to get a taste of the competitive arena, to join the WhiteCaps at various swim meets throughout the season that are appropriate for their abilities. When a swimmer has acquired the basic foundation necessary for them to be successful on the team they are encouraged to transition to the WhiteCaps as a formal member.

The Stroke School program is primarily conducted by Gretchen McSwain, BVSSL President and coach for the Rock Creek Flyers. This program is BVSSL-legal in that it is designed as a stroke clinic, open to all swimmers with the appropriate abilities. Swimmers in this program refine all four competitive strokes and their turns with a variety of drills and individual feedback from the coach. This program is ideal for those swimmers wanting to stay in the water during the off-season to focus on improving their stroke mechanics for greater long-term success.

Swimmers who are not concerned about eligibility for BVSSL may participate in either program. Swimmers are encouraged to register for multiple practices per week for maximum success.

If you have any further questions or concerns, please contact me via the information below.

Welcome to Lakeshore Swimming,

JD Klingenberg  
Aquatics Manager  
Lakeshore Athletic Club  
[jklingenberg@powerwellness.com](mailto:jklingenberg@powerwellness.com)  
(303)729-2556

# LAKESHORE ATHLETIC CLUB AQUATICS CALENDAR

## September 2011 - August 2012

### September 2011

S	M	T	W	T	F	S	Sept. 6 <sup>th</sup> -First Day of Lessons
				1	2	3	School Year Session (Sept.-May)
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	Fall Session-9/6/2011-12/17/2011
18	19	20	21	22	23	24	
25	26	27	28	29	30		

### March 2012

S	M	T	W	T	F	S	Spring Splash & Dash
				1	2	3	Date TBD-Will be a Sunday!
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	<b>SPRING BREAK</b>
25	26	27	28	29	30	31	March 23,2012-April 6, 2012 Two Weeks Off

### October 2011

S	M	T	W	T	F	S	Fall Splash & Dash Family Event
						1	Date TBD-Will be a Sunday!
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	<b>Make-Up Lesson #1</b>
16	17	18	19	20	21	22	Sunday, Oct. 23, 2011
23	24	25	26	27	28	29	4:30-6:00 PM
30	31						

### April 2012

S	M	T	W	T	F	S	April 7 <sup>th</sup> -First Day of Lessons
1	2	3	4	5	6	7	Spring Session
8	9	10	11	12	13	14	April 7, 2012 thru May 24, 2012
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	<b>Make-Up Lessons #4</b>
29	30						Sunday, April 15, 2012 4:30-6:00 PM

### November 2011

S	M	T	W	T	F	S	THANKSGIVING BREAK
		1	2	3	4	5	11/20/2011-11/27/2011
6	7	8	9	10	11	12	(Sunday thru Sunday)
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30				

### May 2012

S	M	T	W	T	F	S	May 24 <sup>th</sup> -Last Day of Lessons
		1	2	3	4	5	School Year Session &
6	7	8	9	10	11	12	Spring Session
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	<b>May 29<sup>th</sup>- First Day of Lessons</b>
27	28	29	30	31			Summer Session
							May 29,2012-August 11, 2012

### December 2011

S	M	T	W	T	F	S	Make-Up Lesson #2
				1	2	3	December 4 <sup>th</sup>
4	5	6	7	8	9	10	4:30-6:00 PM
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	<b>Dec. 17<sup>th</sup>-Last Day of Fall Session</b>
25	26	27	28	29	30	31	<b>WINTER BREAK</b>
							12/18/2011thru 1/06/2012

### June 2012

S	M	T	W	T	F	S	Make-Up Lesson #5
					1	2	June 24 <sup>th</sup>
3	4	5	6	7	8	9	4:30-6:00PM
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	

### January 2012

S	M	T	W	T	F	S	January 7 <sup>th</sup> -First Day of Lessons
1	2	3	4	5	6	7	End of Winter Break
8	9	10	11	12	13	14	<b>New Year Session</b>
15	16	17	18	19	20	21	Jan. 7,2012 thru March 22, 2012
22	23	24	25	26	27	28	
29	30	31					

### July 2012

S	M	T	W	T	F	S	Fourth of July-NO LESSONS
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	Summer Splash & Dash
15	16	17	18	19	20	21	Date TBD-Will be a Sunday!
22	23	24	25	26	27	28	
29	30	31					

### February 2012

S	M	T	W	T	F	S	Make-Up Lesson #3
			1	2	3	4	February 26 <sup>th</sup>
5	6	7	8	9	10	11	4:30-6:00 PM
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29				

### August 2012

S	M	T	W	T	F	S	August 11 <sup>th</sup> - Last Day of Lessons
			1	2	3	4	Summer Session
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	<b>Make-Up Lesson #6</b>
19	20	21	22	23	24	25	August 12 <sup>th</sup>
26	27	28	29	30	31		<b>FIRST DAY OF NEW SESSIONS</b>
							September 4 <sup>th</sup> -Day after Labor Day