



Twin Arbors Athletic Club

# Spring 2012 Barracuda's Swim

Dates: February 6 until April 27, 2012

Sign up: by mail or on the deck February 6 at 4:00-5:00 pm, Twin Arbor Tennis Club, Cochran Rd.

Coaches: John and Cindy Griffin and the staff of the Lodi Swim Club

Practice site: Twin Arbors tennis club.

Give your swimmer a winter/spring program to tune up your swimming. We will work on the balance in the water needed for fast swimming. We are going to work on your swimmers fitness level, build endurance and then build speed. We will be learning and practicing starts- dives and turns for the competitive strokes.

Cost is \$90 (\$270) per month and \$100 for USA Swimming registration

If you have any questions please don't hesitate to call **John Griffin at 712-4382**. Space is limited, so the please fill out and return the bottom portion of this form and reserve your spot today! Our goal is to improve technique, have fun and swim fast.

Lodi City Barracudas are a part of the Twin Arbors Athletic Club and Lodi Swim Club. All USA Swimming rules will be followed during competitions. Please return the bottom of this form and a check for \$165 (to cover registration and 1st month) to John Griffin at 783 Palm Ave., Lodi, Ca. 95240. Make checks payable to "Lodi Swim Club"

Name \_\_\_\_\_; Age \_\_\_\_\_; Birth date \_\_\_\_\_;

Phone \_\_\_\_\_

Address \_\_\_\_\_; City \_\_\_\_\_; zip \_\_\_\_\_

Parents Names \_\_\_\_\_