## **FAST Swim School SUMMER 2016 Lessons**

# **Troy Club** of **Yorba Linda**

5831 Lynbrook Plaza • Yorba Linda, CA • 92886 • (714) 970-7455

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✓ Step Two (	<b>2):</b> Indicate	swimmer skill l	evel. Please ch	neck ALL tha	t apply. <i>Childrei</i>	າ under the aç	ge of 4 are en	couraged to be	egin in Parent	& Tot	
classes or Pres	school Lesso	ons.									
■ Non-swimmer					Crawl arm strokes, no side breathing						
☐ Ability to place head underwate					_						
☐ Ability to float on front and/or b					_						
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					ryday Monday – Friday for two weeks. Choose class session & time.						
✓ Step inree	(3a): Selec	2 Week Lesson	is. Classes mee	et everyaay	Monaay – Friad	iy jor two we	eks. Choose o	class session &	time.		
ı	TWO WEEK LESSONS										
Please check session date(s). You may register for multiple sessions. Group Lessons (3 to 4 students per class). (*NO CLASS ON MONDAY, JULY 4 <sup>TH</sup> )											
□ Session #1: 6/20 - 7/1 (10 lessons) - \$145.00 □ Session #2: 7/5 - 7/15 (9 lessons) - \$131.00 □ *Session #3: 7/18 - 7/29 (10 lessons) - \$145.00											
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You MUST indicate your first, second, and third choices of day and time.											
WEEKLY LESSONS											
June 20 <sup>th</sup> - August 27 <sup>th</sup> (*NO CLASS ON MONDAY, JULY 4 <sup>TH</sup> )											
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# Fullerton Aquatics Sports Team, Inc. The FAST Swim School

#### PROGRAM DESCRIPTION

The FAST Swim School offers year-round lessons for infants, children, and adults. All FAST instructors are certified through *SwimAmerica*, the official lessons program of USA Swimming. The first priority of all classes is safety; and from this foundation, students learn mastery of all important swimming skills in an eight-step progression. Each of the eight levels has specific goals around which instructors build their classes.

#### **CLASS STRUCTURE**

Children **aged four and over** are placed in small group classes with up to 3 other students. Private and Semi-Private lessons are also available. Children **aged six months to two years** are encouraged to begin in our Parent & Tot classes to develop comfort in the water. All lessons are 30 minutes in duration. Children **between the ages of two and four** are encouraged to take our Preschool classes so they can become comfortable in the water without a parent. These classes are 20 minutes long with three students per class. Our instructors are also highly qualified to work with adults, from those who fear the water to those looking to improve their swimming form or learn a new stroke.

#### **LOCATIONS**

Classes are taught year-round at the Fullerton Community Center's indoor pool and seasonally outdoors at the Janet Evans Swim Complex at Independence Park in Fullerton, as well as the Troy Club in Yorba Linda. All pools are kept heated between 85 and 88 degrees.

#### **REGISTRATION**

Class sizes are limited. Registration forms are only accepted when accompanied with payment. We highly recommend that you register in-person to ensure the greatest chance of your preferred day and time.

#### **CANCELLATIONS AND MAKE-UPS**

No refunds will be provided for cancellations that are requested after classes begin. If you cancel <u>before</u> classes begin, we will refund your payment minus a \$10.00 administrative fee. Please allow 4 to 6 weeks for your refund to be processed and mailed. To maintain the integrity of our classes we do not offer make-ups.

#### **CONTACT INFORMATION**

FAST's program director and administrators are available to answer questions every weekday beginning at 10:00 AM. Please call us or stop by one of our pools for more information or to register for lessons.

**Janet Evans Swim Complex** 

801 West Valencia Drive Fullerton, CA. 92832 (714) 773-5788

### The Fullerton Community Center

340 West Commonwealth Avenue Fullerton, CA. 92832 (714) 773-1302

## **Troy Club**

5831 Lynbrook Plaza Yorba Linda, CA. 92886 (714) 970-7455

#### **OTHER PROGRAMS**

FAST has been developing champions and providing quality instruction to swimmers of all ages since 1964. Today FAST offers a wide variety of aquatics programs to serve anyone with a passion for swimming. Please visit our website to learn more about year-round swimming opportunities: **www.fastswimming.net**.