



Paddle Out !!!

Swim Team fun develops fitness and athletics at every level

The coast is home to so much water fun. Have more fun and be safe in the ocean with water sports like surfing, boogie-boarding, body-surfing or sailing. Develop your swimming skills to play water-polo. Whether developing advanced swim strokes or enhancing and cross-training for a second sport with aerobic endurance and core body strength, SWIMMING IS A LIFE-SPORT. The benefits are off the charts!!

80 degree water!! Club to Advanced Swimming
At the Half Moon Bay High School !!!

Mavericks offers competitive swimming with Bronze, Silver, Gold and Senior levels being taught advance techniques and workouts. Whether you want to train for the Junior Olympics or want a Masters' level workout to maintain fitness, our advanced swim program is for you. Competition is optional.

In our second year, Club Swimming is our entry-level fitness program. Club swimming is great for kids who love the water and swimming but need a gentle start. Our Club program builds strength, endurance, confidence and improves strokes.

Fall Registration starts September 5th and 6th at the HMB High School pool from 4:30-6:30

(Come to the pool after the above dates between 4:30 to 6:30 for a Registration Packet)

16 Week Fall Session: Tues. Sept. 5th - Fri. Dec. 22nd, 2006

Workout Timetable and Fees:

[NOTE: SUBTRACT 30 MINUTES FROM ALL WORK-OUT TIMES AFTER WATER POLO STOPS, APPROX. EARLY NOVEMBER e.g.: S/G/S 4:00-6:00 and Brz 4:30-6:00 and Club 4:30-5:45]

	MON	TUES	WED	THUR	FRI	16 week Fees
Club	OFF	5:00-5:30 Dryland 5:30-6:15 Swim	OFF	5:00-5:30 Dryland 5:30-6:15 Swim	OFF	\$272*
Bronze	5:00-5:30 Dryland 5:30-6:30 Swim	OFF	5:00-5:30 Dryland 5:30-6:30 Swim	OFF	5:00-5:30 Dryland 5:30-6:30 Swim	\$336*
Silver	4:30-5:00 Dryland 5:00-6:30 Swim	4:30-5:00 Dryland 5:00-6:30 Swim	4:30-5:00 Dryland 5:00-6:30 Swim	4:30-5:00 Dryland 5:00-6:30 Swim	4:30-5:00 Dryland 5:00-6:30 Swim	\$376*
Gold/ Senior	4:30-5:00 Dryland 5:00-6:30 Swim	4:30-5:00 Dryland 5:00-6:30 Swim	4:30-5:00 Dryland 5:00-6:30 Swim	4:30-5:00 Dryland 5:00-6:30 Swim	4:30-5:00 Dryland 5:00-6:30 Swim	\$400*

NOTE: "Dryland" is warm-up exercises and stretches

**There may also be an annual USA Swimming Insurance fee due per swimmer (\$50)*

See our web-site www.maverick-swim.org to download registration forms or call 877-410-1608 for info.