

Jimmy C. Draughn
Aquatic and Fitness Center
Valdese Parks and Recreation Dept.
2018 High School Prep Group

One Form per Participant Please

Participant's Name: _____

Phone Number: _____

Age: _____ Grade: _____

Member Number: _____

Program is \$15 for members and
\$30 for non-members

Registration Begins
Monday, August 14th

The High School Prep Group is a chance for swimmers in or about to enter high school to practice technique and racing strategies as they prepare to join a team.

This program is for swimmers who already have some swimming skills and basic stroke knowledge and are at least in 8th grade.

Practices are Monday and Wednesday from 4:00-5:00pm, starting on August 20 and going until October 18.

Swimmers will need a suit, goggles, and fins.

WELCOME TO HIGH SCHOOL PREP!

4-5PM Mondays and Wednesdays



PLEASE BRING GOGGLES, A SWIM SUIT (ONE-PIECE OR JAMMERS PREFERRED), AND FINS. IF UNSURE OF ITEMS, PLEASE CONSULT COACH ANDERSEN

FEE COVERS COACHING AND POOL ENTRY.

Practices are from
4:00-5:00pm M, W

Please make plans to be on time for drop-off or pick-up.

Sorry, no refunds will be offered .