



## VPSC Summer Training Session 2008

Once again VPSC will be offering to all swimmers in the club an opportunity to continue their training until the end of July.

The July sessions will allow you to be flexible in your summer planning by allowing you to choose which weeks you want to swim. The cost will be \$35/week for the Junior, Green and White swimmers or \$90 for all three weeks. Red and above groups cost will be \$40/week or all three weeks at a discounted rate of \$100.

All three sessions will be held at the UBC pool;

Session 1- July 7-11

Session 2- July 14-18

Session 3- July 21-25

For each session there will be 25 spots available. The Junior, Green and White groups will go from 5:20-6:10pm and the Red and above groups will go from 6:00-7:00pm. Each group will have 10 minutes of dryland and the rest of the time will be in the water. New swimmers are allowed but they must be at an appropriate minimum level, and must have an assessment done by one of the VPSC Staff.

If you are interested in this opportunity please fill out the below form and return it to the VPSC office or coach.

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**Swimmer Name:** \_\_\_\_\_ **Group** \_\_\_\_\_

**Please check off which session(s) and times you are interested in**

First Session:

**July 7-11 – UBC Pool**

- 5:20-6:10pm UBC- -\$35 per session or \$90 for all 3 sessions -**Junior, Green & White**
- 6:00-7:00pm UBC- \$ 40 per session or \$ 100 for all 3 sessions -**Red & Above Groups**

Second Session:

**July 14-18 – UBC Pool**

- 5:20-6:10pm UBC-\$35 per session or \$90 for all 3 sessions -**Junior, Green & White**
- 6:00-7:00pm UBC-\$ 40 per session or \$ 100 for all 3 sessions -**Red & Above Groups**

Third Session:

**July 21-25- UBC Pool**

- 5:20-6:10pm UBC-\$35 per session or \$90 for all 3 sessions -**Junior, Green & White**
- 6:00-7:00pm UBC-\$ 40 per session or \$ 100 for all 3 sessions -**Red & Above Groups**

**All forms must be returned by Monday June 2<sup>nd</sup>, 2008**

Please submit a cheque made out to the Vancouver Pacific Swim Club with this form.