



Fulton-El Camino Recreation and Park District
 2201 Cottage Way, Sacramento CA 95825
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FEC Stingray Clinics and Swim Team



NEW!

Swim Technique Clinics!

Are you new to swim team or interested in refreshing your skills for the upcoming swim season? This is the activity for you! Sign-up for one or both week sessions and get ahead for the start of swim team!

Session one will focus on the fundamentals of Freestyle and Backstroke. *Session two* will focus on Breaststroke and Butterfly technique (6 and under will continue with Freestyle and Backstroke). Starts and turn will be included in both sessions.

Who: 5-18 year olds
When: Monday-Thursday
Session 1: April 5-8
Session 2: April 12-15
Times: 5:00 p.m. – 6:00 p.m. (10 and under)
 6:00 p.m. – 7:30 p.m. (11-18)
Location: Cottage Pool, 3097 Cottage Way
Fee: \$25 per session

This is not a program of San Juan Unified School District or the Twin Rivers Unified School District and neither accepts responsibility or liability for this program. This is distributed as community information only.

Swim Team

If you want a summer full of fun, sun and swimming then swim team for you! Learn to swim, work on your strokes, become faster in the water, and make new friends. Join the FEC Stingray Spirit of Fun in the Summer!

Who: 5-10 year olds
When: April 19th - July 18th
 Practice Monday – Friday, times vary by age group
 Meets are on Saturday's beginning in June
Location: Cottage Pool, 3097 Cottage Way
Fees: All fees listed below are for the entire swim season which runs April 19th - July 18th

\$165	1 swimmer
\$265	2 swimmers in the same family
\$345	3 swimmers in the same family

Add \$60 for each additional swimmer from the same family.
Additional notable fees:
 Add \$10 per swimmer if not a District Resident.
 Add \$60 to initial fee if swimmer is to participate on both Swim and Synchro Teams.
 *Every family is to provide a refundable deposit of \$75 by check made out to the "FEC Stingray Boosters".

REGISTRATION: Wednesday, March 3 from 5-7pm at the District office in Howe Park, 2201 Cottage Way. Swim Team Parents will be present to answer questions. Registration will continue Monday-Friday, 8am-5pm at the District office for those who can't attend Registration Night.