Pacific Sands Cabana Club
Stroke Instruction Class

Stroke Instruction is a class offered to all members of the Pacific Sands Cabana Club and highly recommended for all swimmers that plan on competing with the summer swim team. The class is geared towards improving swimming skills in all of the strokes. Within each week there will be one day dedicated to Freestyle and Backstroke drills, and another day dedicated to Butterfly and Breaststroke drills. Friday practices will consist of fun, swimming related games and gimmicks. Most groups will only practice every other Friday, so make sure not to miss these days. Classes are divided into age groups based on summer swim team eligibility (age on 6/1/19). Classes will develop efficient swimming technique, breath control, endurance and self-confidence. These classes are not intended for junior lifeguard preparation and swimmers should not enroll in both programs.

New 4-6 year-olds:	4/1 to 5/3	Monday, Wednesday, 3:30-4:00 PM Friday Funday (4/12 and 5/3 only) 3:30-4:15 PM
Returning 4-6 year-olds:	4/2 to 5/3	Tuesday, Thursday, 4:00-4:30 PM Friday Funday (4/12 and 5/3 only) 3:30-4:15 PM
New 7-8 year-olds:	4/2 to 5/2	Tuesday, Thursday, 3:30-4:00 PM Friday Funday (4/5 and 4/26 only) 3:30-4:15 PM
Returning 7-8 year-olds:	4/2 to 5/2	Tuesday, Thursday, 4:30-5:15 PM Friday Funday (4/5 and 4/26 only) 3:30-4:15 PM
9-10 year-olds:	4/1 to 5/3	Monday, Wednesday, 4:00-5:00 PM Friday Funday (4/12 and 5/3 only) 4:15-5:15 PM
11-12 year-olds:	4/2 to 5/2	Tuesday, Thursday, 5:15-6:30 PM Friday Funday (4/5 and 4/26 only) 4:15-5:15 PM
13-18 year-olds:	4/1 to 5/3	Monday, Wednesday, 5:00-6:30 PM Friday Funday (Every Friday) 5:15-6:30 PM

No Classes the week of 4/15 to 4/21 due to Spring Break.

Head Coach: Cory Tague Contact: penguins.coach@cabanaclubhb.org

Aquatic Background: Cory swam and played water polo at Edison High School, earning All-League, All-CIF, and All-American Honors. Cory went on to swim at California State University Bakersfield where he earned individual and team NCAA championships and was a 17 time All-American. Cory was a California State Parks Lifeguard for 13 years. During his time as a lifeguard he received the Lifeguard of the Year Award and spent many years working in the junior lifeguard program. Cory was the head swim coach at Edison High School for 5 seasons, where he earned the OC Register Swimming Coach of the Year award, and also at Huntington Beach High School for 3 seasons. Cory is the current head coach of the Pacific Sands Penguins swim team and a math teacher at the Orange County School of the Arts.

Cost: $50/swimmer Payment is due upon registration. NO REFUNDS are available.

Parents must complete a Registration/Permission and Emergency Medical Release Form and make payment in full before a participant may enter the water. Please bring your completed form with payment to the Pacific Sands Cabana Club Office (8141 Atlanta Ave., Huntington Beach, CA 92646). For questions regarding space availability, payment or club membership please call the office at 714-536-8091 or email: manager@cabanaclubhb.org. For information about the Junior Guard Preparatory Class or the Pacific Sands Penguins Swim Team, please email: penguins.coach@cabanaclubhb.org.