



JFD 2017 – 2018 Registration Updates

***Pre-Registering by May 1st increases your odds of getting into your practice times!
For the good of all JFD coaches will determine final lane and group assignments***

- We will be using electronic invoices and communication, so PLEASE make sure your email address is CLEAR on your registration form.
- Preferably, download and type your information in, then email / mail with check
- Your deposit is nonrefundable.
- Team Apparel will only be provided for **COMPETITIVE TEAM SWIMMERS**

Competitive & Stealth Team	Deposit \$200 per swimmer
Clinic & Lessons	Deposit \$100 per swimmer

2017-18 Projected Practice Schedule @ Quince Orchard

General Age guidelines:	Senior - 13 and over	Junior - 12 and under
Monday - Friday PM Schedule	3:00-5:00	Senior Team
	5:00-6:30	Junior Team
	6:30-8:00	Senior & Junior Team
	3:00-8:00	1 Hour Clinics
Monday + Tuesday + Wednesday + Friday	7:30-8:30	1 Hour Clinic
Saturday AM Schedule	8:00-9:30	Senior & Junior Team
	9:30-11:00	Senior & Junior Team
	8:00-9:00	1 Hour Clinics
	No 9:00 clinic 10:00-12:00	1 Hour Clinics
Sunday AM Schedule	8:00-10:00	Senior & Junior
	8:00-10:00	1 Hour Clinics
Sunday PM Schedule	3:00-4:30	Senior & Junior Team
	4:30-6:00	Senior & Junior Team
	3:00-8:00	1 Hour Clinics
Dry land	5:00-7:00	Weekdays
-Coach Uriel will coach on M, W, F	9:30-10:30	Saturdays
-Coach Pierce will coach on T, Th, Sat, Sun	4:30-5:30	Sundays
-Swimmers may come on days they do not swim		

2017-18 Projected Lesson Schedule @ Quince Orchard

Monday – Friday PM Schedule	4:00	5:00	6:00	7:00	
Saturday AM Schedule	8:00	8:50	9:00		
Sunday AM Schedule	8:00	8:45			
Sunday PM Schedule	3:00	4:00	5:00	6:00	7:00