



Los Altos Mountain View Aquatics Club

PO Box 1269
Los Altos, CA 94023-1269
650-599-2213

www.lamvac.org
mail@lamvac.org

LOS ALTOS MOUNTAIN VIEW MASTERS

The Los Altos Mountain View Aquatic Club offers a Masters swimming program for swimmers older than 18. Workouts are held at Foothill College pool as follows:

SCHEDULE

Monday, Wednesday and Friday, 5:30 a.m. – 7:00 a.m.
Some Saturdays (check with coach), 7:00 a.m. – 9:00 a.m.
Monday thru Friday, 4:00 p.m. – 6:00 p.m.

How often you practice will be determined by your goals. There is no set requirement.

FEES

You will need to pay \$40 to register with U.S. Masters Swimming (September and October the fee is reduced to \$30.00). Please complete this form and send it to **Pacific Masters Swimming** – address on form – as soon as possible

You can then choose to pay \$5 per swim (pay coach each time you swim) or \$40 each month for unlimited swimming (you will be billed monthly). Please note your choice on the tear-off form below.

COACH

Jose Bonpua
408-732-3432
jbonpua@sbcglobal.net

(Fold and tear)

Name _____

Email _____

Mailing address: _____

Phone Number: _____ Birth Date: _____

Choose one of the following –

_____ Invoice me monthly (will be sent via email unless you state otherwise).

_____ I will pay the coach each time I swim.