



2012 FALL/WINTER INDOOR SWIM CLINIC Sept 10, 2012 - Jan. 31, 2013

Group 1: Mon & Wed 4:30 pm - 5:30 pm (6-9 yr olds)	FULL
Group 2: Mon & Wed 5:30 pm - 6:30 pm (9-12 yr olds)	FULL
Group 3: Mon & Wed 6:30 pm - 7:30 pm (12 yrs old and up)	FULL
Group 4: Tue & Fri 5:00 pm - 6:00 pm (9-12 yr olds)	FULL
Group 5: Tue & Fri 6:00 pm - 7:00 pm (9-12 yr olds)	FULL

- Smaller practice groups for more personalized attention. 12 swimmers per group!
- Emphasis will be on stroke detail, starts and turns; practices will include both aerobic and anaerobic swimming.
- 39 Hour long practice sessions, per group.
- Indoors, away from the cold wind and pounding rain.

Cost: \$600.00.

Includes:

- Membership to pool for swimmer during entire clinic time.
 - 2 private 25 minute coaching sessions.
 - Swimstitute Swim Cap
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- All Groups: Must have at least one full summer of swim team.
 - Groups 2-5: Participants need to be able to swim 25 meters legally, of each competitive stroke.
 - Group 1: More breast/fly instruction, instead of refinement.
 - For new swimmers, a swim test will be done at registration.
 - **Registration must be done in person...no refunds or make-ups.**

The Swimstitute
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