



## 2014 Spring/Summer Stroke Clinics

### May 6 - June 11<sup>th</sup>

6-9 yr olds	Group 1:	Tue	4:00 pm - 5:00 pm
6-9 yr olds	Group 2:	Wed	4:00 pm - 5:00 pm
9-12 yr olds	Group 3:	Tue	5:00 pm - 6:00 pm
9-12 yr olds	Group 4:	Wed	5:00 pm - 6:00 pm
12+ yr olds	Group 5:	Tue	6:00 pm - 7:00 pm

### June 17 - July 24

6-9 yr olds	Group 6:	Tue	4:00 pm - 5:00 pm
6-9 yr olds	Group 7:	Wed	4:00 pm - 5:00 pm
9-12 yr olds	Group 8:	Tue	5:00 pm - 6:00 pm
9-12 yr olds	Group 9:	Thur	5:00 pm - 6:00 pm
12+ yr olds	Group 10:	Tue	6:00 pm - 7:00 pm

**Cost:** \$125.00 / group

- Smaller practice groups for more personalized attention.
- Emphasis will be on stroke detail, 60 min each day!
- 84 degree water, indoors, away from the wind & sun!
- Participants must have already completed a year of summer rec swim. A swim test may be required for swimmers new to The Swimststitute.
- Min of 4 swimmers per group, maximum of 8.

**Registration must be done in person, no refunds or make-ups.**

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