



2015 FALL/WINTER INDOOR SWIM CLINIC Sept 21, 2015 - Jan 31, 2016

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

- Smaller practice groups for more personalized attention. 15 swimmers per group!
- Group 3 & Group 6 - Limited to 12 swimmers per group.
- Emphasis will be on stroke detail, starts and turns; practices will include both aerobic and anaerobic swimming.
- Swimmers will need to bring 'long fins' for kicking!

Cost: \$625.00.

Includes:

- Lap Swim Membership for swimmer from Sept 21, 2015 - Jan 31 2016.
- Swimstute Cap, T-Shirt, and Finis Swimmer Snorkle

- All Groups: Must have at least one full summer of swim team.
- Groups 2, 3, 5 & 6: Participants need to be able to swim 25 meters legally, of each competitive stroke.
- Group 1 & 4: More breast/fly instruction, instead of refinement.
- For new swimmers, a swim test must be done at registration.
- **Registration must be done in person...no refunds or make-ups.**

The Swimstute
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