



## 2016 FALL/WINTER INDOOR SWIM CLINIC Sep 19, 2016 - Jan 30, 2017

<b>Group 1:</b>	Mon/Wed/Fri	4:00 pm - 5:00 pm (6-9 yr olds)
<b>Group 2:</b>	Mon/Wed/Fri	5:00 pm - 6:00 pm (9-12 yr olds)
<b>Group 3:</b>	Mon/Wed/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 - Limited to 12 swimmers.
- Emphasis will be on stroke detail, starts and turns; practices will include both aerobic and anaerobic swimming.
- New this year, THREE practices per week. One day each week will be conditioning
- Swimmers will need to bring 'long fins' and a Swimmer's Snorkel to every practice

**Cost:** \$650.00.

### **Includes:**

- Lap Swim Membership for swimmer from Sept 21, 2016 - Jan 31 2017.
- Swimstute Cap and Towel
  
- All Groups: Must have at least one full summer of swim team.
- Groups 2 & 3: Participants need to be able to swim 25 meters legally, of each competitive stroke.
- Group 1: More breast/fly instruction, instead of refinement.
- ALL swimmers, a swim test must be done at registration.
- **Registration must be done in person...no refunds or make-ups.**

The Swimstute  
11335-B Folsom Blvd  
Rancho Cordova, CA 95742  
916-851-0840  
[www.swimstute.com](http://www.swimstute.com)