



2016 SPRING INDOOR SWIM CLINIC March 1, 2016 - April 15, 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!
- Emphasis will be on stroke detail, starts and turns; practices will include both aerobic and anaerobic swimming.
- 84 degree water, indoors; away from the cold wind and pounding rain.

Cost: \$275 per swimmer

- 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
11335-B Folsom Blvd
Rancho Cordova, CA 95742
916-851-0840
www.swimstute.com