



## 2017 SPRING INDOOR SWIM CLINIC March 1, 2017 - March 31, 2017

### MINI GROUPS AGES 4-7

<b>Mini 1 (Adv):</b>	Mon/Wed/Fri	5:00 pm - 5:30 pm	\$195
<b>Mini 2 (Beg):</b>	Mon/Wed/Fri	4:30 pm - 5:00 pm	\$195
<b>Mini 3 (Beg):</b>	Tue/Thu	5:00 pm - 5:30 pm	\$135

- Smaller practice groups for more personalized attention.
- Maximum of 8 swimmers per group!
- Emphasis for Minis will be Freestyle, Side breathing, Backstroke, Starts
- 84 degree water, indoors; away from the cold wind and pounding rain.
- Swimmers will need to bring 'long fins' for kicking!
  
- Mini 1 is for swimmers that are strong with Free/Back, and are swim team ready!
- Mini 2 & 3 will focus on Free & Back, getting those minis summer team ready!
- Groups 2 & 3 are for kids who haven't been on a summer team yet
- Participants need to be able to swim 'to the black line' Freestyle, and Backstroke
- A swim test must be done at registration.
  
- **Registration must be done in person...no refunds or make-ups.**

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