



## 2018 FALL/WINTER INDOOR SWIM CLINIC

Sep 17, 2018 - Jan 30, 2019

<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.
- Limited to just 12 swimmers per group!
- Emphasis will be on stroke detail, starts and turns; practices will include both aerobic and anaerobic swimming.
- THREE practices per week. One day each week will be conditioning
- Swimmers will need to bring 'long fins' to every practice
- 54 practices

**Cost:** \$650.00

### **Includes:**

- Lap Swim Membership for swimmer from Sept 18, 2017 - Jan 31 2018.
- Swimstute Swag (in process, no sizes needed this year)
  
- 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.**

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