



2018 FALL/WINTER INDOOR SWIM CLINIC Nov 1, 2018 - Jan 30, 2019

Group 4: Tu/Th 6:00 pm - 7:00 pm (8-12 yr olds)

- Smaller practice group for more personalized attention.
- Limited to just 12 swimmers!
- Emphasis will be on stroke detail, starts and turns; practices will include both aerobic and anaerobic swimming.
- Swimmers will need to bring 'long fins' to every practice
- 24 practices

Cost: \$300.00

Includes:

- Lap Swim Membership for swimmer from Nov 1, 2017 - Jan 31 2018.
- Swimstute Swag (in process, no sizes needed this year)

- Must have at least one full summer of swim team.
- Participants need to be able to swim 25 meters legally, of each competitive stroke.
- 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