



## 2018 FALL/WINTER INDOOR SWIM CLINIC Sept 17, 2018 - Jan 30, 2019

### MINI GROUPS AGES 4-7

<b>Mini A:</b>	Sep 17 - Nov 30	Mon/Wed/Fri	5:00 pm - 5:30 pm
<b>Mini B:</b>	Dec 3 - Jan 30	Mon/Wed/Fri	5:00 pm - 5:30 pm
<b>Mini C:</b>	Dec 3 - Jan 30	Mon/Wed/Fri	4:30 pm - 5:00 pm

- Smaller practice groups for more personalized attention.
- Maximum of 6 swimmers per group!
- Groups A & C will focus on Freestyle, Side breathing, Backstroke, Starts
- Group B will focus on Breaststroke, Butterfly, with some Free and Back.
- 83 degree water, indoors; away from the cold wind and pounding rain.
- Swimmers will need to bring 'long fins' for kicking!

**Cost:** \$250.00 per group

**Includes:**

- Swimstute Swag (in process, no sizes needed this year)
- These groups 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.**

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