



2019 SPRING INDOOR SWIM CLINIC

March 1, 2019 - March 29, 2019

Group 1:	Mon/Wed/Fri	4:00 pm - 5:00 pm (6-9 yr olds)
Group 2:	Mon/Wed/Fri	5:00 pm - 6:00 pm (9-12 yr olds)
Group 3:	Mon/Wed/Fri	6:00 pm - 7:00 pm (12 yrs old and up)

- Smaller practice groups for more personalized attention.
- Group 1 & 2, 15 swimmers per group! Group 3, limited to just 12 swimmers.
- 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.
- Swimmers will need to bring 'long fins' for kicking!

Cost: \$295 per swimmer

- All Groups: Must have at least one full summer of swim team.
- Group 1: More breast/fly instruction, instead of refinement.
- Groups 2 & 3: Participants need to be able to swim 25 meters legally, of each competitive stroke.
- For new swimmers, a swim test must be done at registration.
- **Registration must be done in person...no refunds or make-ups.**

The Swimstute
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