



## 2019 Summer Workshops

All workshops are 1 hour

<b>WS 1:</b>	IM Turns	Thu 7/18	11:00 am	w/Todd
<b>WS 2:</b>	IM Turns	Thu 7/18	5:00 pm	w/Todd
<b>WS 3:</b>	Breaststroke	Fri 7/19	6:00 pm	w/Todd
<b>WS 4:</b>	IM Turns	Sun 7/21	1:00 pm	w/Todd
<b>WS 5:</b>	Free Turns	Sun 7/21	2:00 pm	w/Todd
<b>WS 6:</b>	Breaststroke	Mon 7/22	1:30 pm	w/Karlie
<b>WS 7:</b>	Free Turns	Mon 7/22	6:00 pm	w/Todd
<b>WS 8:</b>	Breaststroke	Tue 7/23	12:00 pm	w/Karlie
<b>WS 9:</b>	Butterfly	Tue 7/23	3:00 pm	w/Karlie
<b>WS 10:</b>	Free Turns	Tue 7/23	6:00 pm	w/Todd
<b>WS 11:</b>	Starts	Wed 7/24	10:00 am	w/Todd
<b>WS 12:</b>	Butterfly	Wed 7/24	12:00 pm	w/Karlie
<b>WS 13:</b>	Butterfly	Wed 7/24	6:00 pm	w/Todd
<b>WS 14:</b>	Starts	Thu 7/25	11:00 am	w/Todd
<b>WS 15:</b>	Free Turns	Thu 7/25	1:00 pm	w/Karlie
<b>WS 16:</b>	Starts	Thu 7/25	6:00 pm	w/Todd

- Limited to 6 swimmers per group
- Beginner through Intermediate

**Cost:** \$45 per swimmer per workshop

- 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)