



2022 FALL/WINTER INDOOR SWIM CLINIC Sep 12, 2022 - Jan 30, 2023

Group 1:	Mon/Wed/Fri	4:15 pm - 5:00 pm (6-9 yr olds)
Group 2:	Mon/Wed/Fri	5:15 pm - 6:00 pm (9-12 yr olds)
Group 3:	Mon/Wed/Fri	6:00 pm - 6:45 pm (12 yrs old and up)

- Limited to just 15 swimmers per group!
- Emphasis will be on stroke detail, streamline, underwater work, starts and turns.
- Swimmers will need to bring 'long fins' to every practice
- THREE practices per week. 56 TOTAL practices:
 - Group 1: Refining Free & Back, Diving, Breast & Fly instruction
 - Group 2: All 4 strokes, Starts, Free & Back Turns, & Open Turns
 - Group 3: As group 2, but more of it, higher level details.
- **Registration must be done in person...no refunds or make-ups.**
- **ALL swimmers, a swim test must be done prior to registration.**
- All Groups: Must have at least one full summer of swim team.
- Group 1: Participants need to be able to swim 1 length free w/side breathing, and 1 length of back
- Group 2: Participants need to be able to swim 1 length free & back, and basic breast & fly.
- Group 3: 2 laps free & back w/turns, 1 lap of breast & fly.

Cost: \$825.00

Includes:

- Swimstute Swag (tbd)

11335-B Folsom Blvd

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