



2025 FALL/WINTER INDOOR SWIM CLINIC

Sep 15, 2025 - Jan 30, 2026

Group 1: Mon/Wed/Fri 4:15 pm - 5:00 pm (6-9 yr olds)
Group 2: Mon/Wed/Fri 5:05 pm - 5:55 pm (9-11 yr olds)
Group 3: Mon/Wed/Fri 6:00 pm - 6:55 pm (11-15 yr olds)

- Limited to just 15 swimmers per group!
- Emphasis will be on stroke detail, underwater work, starts and turns.
- THREE practices per week. 50+ 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.**
- **NEW swimmers, or prev clinic participants wanting to move up a group, a swim evaluation must be done prior to registration.**

Text to set up an evaluation time. 916.212.2392

- 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: Group 1 (45 min): \$915
Group 2 (50 min): \$965
Group 3 (55 min): \$995

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