



2025 FALL/WINTER INDOOR SWIM CLINIC

Sept 15, 2025 - Jan 30, 2026

MINI GROUPS AGES 4-7

Mini: Mon/Wed/Fri 5:00 pm - 5:30 pm

- Maximum of 6 swimmers!!
- Will focus on Freestyle, Side breathing, and Backstroke.
- 83 degree water, indoors; away from the cold wind and pounding rain.
- Swimmers will need to bring 'long fins' for kicking!
- These groups are for kids who haven't been on a summer team yet
- **A swim evaluation must be done prior to registration.**
 - Be able to swim Free & Back to the black line, about 40 feet.
 - Text to set up an Evaluation time. 916.212.2392
- **Registration must be done in person...no refunds or make-ups.**

Cost: - \$715

11335-B Folsom Blvd
Rancho Cordova, CA 95742
(p) 916-851-0840 (txt) 916-212-2392 www.swimstitute.com