



2011 FALL/WINTER INDOOR SWIM CLINIC
Tuesday, Sept. 6, 2011 - Tuesday, Jan. 31, 2012
Ages 8 - 16 years old

Group 1: Mon & Wed 5:00 pm - 6:00 pm (Limited to 10 swimmers)

Group 2: Tue & Thu 6:00 pm - 7:00 pm (Limited to 10 swimmers)

- Smaller practice groups for more personalized attention.
- Emphasis will be on stroke and turn detail; practices will include both aerobic and anaerobic swimming.
- Indoors, away from the cold wind and pounding rain.

Includes:

- Membership to pool for swimmer during entire clinic time.
 - 2 private 25 minute coaching sessions.
 - Swimstitude Swim Cap
- Participants need to be able to swim 25 meters of each competitive stroke. A swim test will be given at registration.
- **Registration must be done in person...no refunds or make-ups.**

The Swimstitude
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