



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

Tue & Thu: 5:00 pm - 5:45 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.
- 2 private 25 minute coaching sessions.
- Swimstitute Swim Cap

- Participants must have completed at least 1 season of swim team.
- Participants need to be able to swim 25 meters of backstroke and freestyle, and basic breaststroke and butterfly. A swim test will be given at registration.
- **Registration must be done in person...no refunds or make-ups.**

The Swimstitute
11335-B Folsom Blvd
Rancho Cordova, CA 95742
916-851-0840
www.swimstitute.com