



2011 FALL/WINTER INDOOR SWIM CLINIC

Mon Dec. 5 2011 - Mon, Jan. 30, 2012

Ages 8 - 16 years old

Mon & Wed 7:00 pm - 8:00 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.
 - 1 private 25 minute coaching session.
 - Swimstitute Swim Cap
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- Participants ***must*** 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 Swimstitute

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