



**2012 Spring INDOOR STARTS & TURNS CLINIC**  
**March 1, 2012 - April 14, 2012**  
**Ages 6 - 14 years old**

Saturday: 11:00am - Noon

- Limited to 10 swimmers.
- Smaller practice groups for more personalized attention.
- Starts; Flat starts, relay starts, back starts
- Flip turns; Free & Back
- Open turns; Fly & Breast
- I.M. turns; Fly to Back, Back to Breast, Breast to Free.
- 85 degree water, indoors, away from the cold wind and pounding rain.
- Since there is NO swim coaching, this clinic is a great supplement to a summer team stroke clinic.
- Participants must have completed at least one season on a swim team.

**Registration must be done in person, no refunds or make-ups.**  
**For new swimmers; registration opens 1/9/2012.**

The Swimstitute  
11335-B Folsom Blvd  
Rancho Cordova, CA 95742  
916-851-0840  
[www.swimstitute.com](http://www.swimstitute.com)