



**2012 Spring INDOOR SWIM CLINIC**  
**March 1, 2012 - April 14, 2012**  
**Ages 6 - 8 years old**

**Group 1:** Mon & Wed 4:15 pm - 5:00 pm (Limited to 10 swimmers)

**Group 2:** Tue & Thu 5:00 pm - 5:45 pm (Limited to 10 swimmers)

**Includes:**

- 1 private 25 minute coaching session.
- Swimstitute Swim Cap
  
- Meets most summer league requirements for "stroke clinic".
- Smaller practice groups for more personalized attention.
- Emphasis will be on starts, stroke and turn detail. Practices will include both aerobic and anaerobic swimming.
- 85 degree water, indoors, away from the cold wind and pounding rain.
- 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.**

**For new swimmers; registration opens 1/9/2012.**

The Swimstitute

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