



2012 WINTER INDOOR SWIM CLINIC
Wednesday, March 2, 2012 - Thursday, April 14, 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.

- 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 Swimstitute
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