



2019 FALL/WINTER INDOOR SWIM CLINIC Sep 16, 2019 - Jan 31, 2020

Group 1:	Mon/Wed/Fri	4:00 pm - 5:00 pm (9-12 yr olds)
Group 2:	Mon/Wed/Fri	5:00 pm - 6:00 pm (6-9 yr olds)
Group 3:	Mon/Wed/Fri	6:00 pm - 7:00 pm (9-12 yr olds)

- Smaller practice groups for more personalized attention.
- Limited to just 12 swimmers per group!
- Emphasis will be on stroke detail, starts and turns; practices will include both aerobic and anaerobic swimming.
- THREE practices per week. One day each week will be conditioning
- Swimmers will need to bring 'long fins' to every practice
- 56 practices
- All Groups: Must have at least one full summer of swim team.
- Groups 1 & 3: Participants need to be able to swim 25 meters legally, of each competitive stroke.
- Group 2: More breast/fly instruction, instead of refinement.
- **ALL swimmers, a swim test must be done at registration.**
- **Registration must be done in person...no refunds or make-ups.**

Cost: \$685.00

Includes:

- Lap Swim Membership for swimmer from Sept 16, 2019 - Jan 31 2020.
- Swimstute Swag

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