



2021 FALL/WINTER INDOOR SWIM CLINIC

Sep 13, 2021 - Oct 30, 2021

Group 1:	Mon/Wed/Fri	3:30 pm - 4:15 pm (6-9 yr olds)
Group 2:	Mon/Wed/Fri	4:15 pm - 5:00 pm (6-9 yr olds)
Group 3:	Mon/Wed/Fri	5:00 pm - 5:45 pm (9-12 yr olds)
Group 4:	Mon/Wed/Fri	5:45 pm - 6:30 pm (9-12 yr olds)
Group 5:	Mon/Wed/Fri	6:30 pm - 7:15 pm (12 yrs old and up)

- Smaller practice groups for more personalized attention.
- Limited to just 6 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

Cost: \$315.00

- All Groups: Must have at least one full summer of swim team.
- Groups 3-5: Participants need to be able to swim 25 meters legally, of each competitive stroke.
- Groups 1 & 2: More breast/fly instruction, instead of refinement.
- ALL swimmers, a swim evaluation must be done prior to registration.
- **Registration must be done in person...no refunds or make-ups.**

The Swimstute
11335-B Folsom Blvd
Rancho Cordova, CA 95742
916-851-0840
www.swimstute.com