



## 2023 FALL/WINTER INDOOR SWIM CLINIC Sept 18, 2023 - Jan 31, 2024

### MINI GROUPS AGES 4-7

**Mini:** Mon/Wed/Fri 5:00 pm - 5:30 pm

- Maximum of 6 swimmers!!
- Will focus on Freestyle, Side breathing, and Backstroke.
- 83 degree water, indoors; away from the cold wind and pounding rain.
- Swimmers will need to bring 'long fins' for kicking!
- These groups are for kids who haven't been on a summer team yet
  
- **A swim evaluation must be done prior to registration.**
  - Be able to swim Free & Back to the black line, about 40 feet.
  - Text to set up a Sunday Evaluation time. 916.212.2392
- **Registration must be done in person...no refunds or make-ups.**

**Cost:** Mini A - \$695

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