



2023 SPRING INDOOR SWIM CLINIC Mar 1, 2023 - Mar 31, 2023

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

- Smaller practice groups for more personalized attention.
- Limited to just 15 swimmers per group!
- Emphasis will be on stroke detail, starts and turns; practices will include both aerobic and anaerobic swimming.
- THREE practices per week.
- Swimmers will need to bring 'long fins' to every practice

Cost: \$225.00

- All Groups: Must have at least one full summer of swim team.
- Groups 2 & 3: 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.**
- **Please note: We might move kids to a different group, depending on sign ups.**

The Swimstute
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