



## 2025 SPRING INDOOR SWIM CLINIC Mar 3, 2025 - Mar 28, 2025

|                 |             |                                   |
|-----------------|-------------|-----------------------------------|
| <b>Group 1:</b> | Mon/Wed/Fri | 4:15 pm - 5:00 pm (6-9 yr olds)   |
| <b>Group 2:</b> | Mon/Wed/Fri | 5:05 pm - 5:55 pm (9-11 yr olds)  |
| <b>Group 3:</b> | Mon/Wed/Fri | 6:00 pm - 6:55 pm (11-15 yr olds) |

- 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:** Group 1 - \$275, Group 2 - \$295, Group 3 - \$335

- 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.**

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