2026 FALL/WINTER INDOOR SWIM CLINIC

Sep 14, 2026 – Jan 29, 2027

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

- Limited to just 15 swimmers per group!
- Emphasis will be on stroke detail, underwater work, starts and turns.
- THREE practices per week. 50+ practices!!
  - Group 1: Refining Free & Back, Diving, Breast & Fly instruction
  - Group 2: All 4 strokes, Starts, Free & Back Turns, & Open Turns
  - Group 3: As group 2, but more of it, higher level details.

- **Registration must be done in person…no refunds or make-ups.**
- **NEW swimmers, or prev clinic participants wanting to move up a group, a swim evaluation must be done prior to registration.**
Text to set up an evaluation time. 916.212.2392

- All Groups: Must have at least one full summer of swim team.
- Group 1: Participants need to be able to swim 1 length free w/side breathing, and 1 length of back
- Group 2: Participants need to be able to swim 1 length free & back, and basic breast & fly.
- Group 3: 2 laps free & back w/turns, 1 lap of breast & fly.

Cost: Group 1 (45 min): $915
Group 2 (50 min): $965
Group 3 (55 min): $995

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