



# **Kids' Stroke & Fitness**

**Get a taste of competitive swimming!**

**Expert coaching & great exercise in a team environment**

**Wednesdays – March 27<sup>th</sup> – June 12<sup>th</sup>**

*Intermediate - 5:45 – 6:30PM*

***Swim Center Members: \$160, Program Pass: \$195***

*Advanced - 6:30 – 7:30PM*

***Swim Center Members: \$195, Program Pass: \$225***

- For ages 7 to 17 - workouts under coach's supervision - introduction to competitive swimming strokes and training techniques
- Focus on improving stroke technique via drills and constant feedback
- Starts & turns, great exercise & camaraderie with other swimmers
- Participants must be able to continuously swim 50 yards (two lengths of the pool) crawl stroke & backstroke (100 yards for advanced clinic), working knowledge of breaststroke (& butterfly for advanced clinic), and have the endurance to participate in a 45-60 minute swimming workout
- Register at any time during the program - fees prorated for late registrations

**SWIM CENTER AT WESTMINSTER SCHOOL**  
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[www.SwimCenter.net](http://www.SwimCenter.net) (860) 408-3021