



Kids' Stroke & Fitness

Get a taste of competitive swimming!

Expert coaching & great exercise in a team environment

Wednesdays - September 11th – November 27th

Intermediate - 5:45 – 6:30PM

Advanced - 6:30 – 7:30PM

Saturdays - September 7th – November 23rd

Intermediate - 8:15 – 9:00AM

Advanced - 9:00 – 10:00AM

Intermediate Program - Wed. OR Sat.

Swim Center Members: \$150, Program Pass: \$175

Advanced Program - Wed. OR Sat.

Swim Center Members: \$180, Program Pass: \$210

- 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 (100 yards 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**

10 % DISCOUNT if signed up for both program days

SWIM CENTER AT WESTMINSTER SCHOOL

995 Hopmeadow Street, Simsbury, CT 06070

www.SwimCenter.net (860) 408-3021