



# **Kids' Stroke & Fitness**

**Get a taste of competitive swimming!**

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

**Wednesdays – September 9<sup>th</sup> – November 25<sup>th</sup>**

*Intermediate - 5:45 – 6:30PM*

*Advanced - 6:30 – 7:30PM*

**Saturdays - September 12<sup>th</sup> – November 28<sup>th</sup>**

*Intermediate - 8:15 – 9:00AM*

*Advanced - 9:00 – 10:00AM*

***Intermediate Program - Wed. OR Sat.***

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

***Advanced Program - Wed. OR Sat.***

***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 (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**