



# **Kids' Stroke & Fitness**

**Get a taste of competitive swimming!**

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

## **Winter Clinic:**

**Wednesdays – Jan. 7<sup>th</sup> through March 25<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**

## **Spring Clinic:**

**Wednesdays – April 2<sup>nd</sup> through June 18<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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