



Kids' Stroke & Fitness

Get a taste of competitive swimming!

Expert coaching & great exercise in a team environment

Wednesdays - September 4th – November 27th

(no class on Wednesday, Sept. 11th)

Intermediate - 5:45 – 6:30PM

Advanced - 6:30 – 7:30PM

Intermediate Program -

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

Advanced Program -

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
995 Hopmeadow Street, Simsbury, CT 06070
www.SwimCenter.net (860) 408-3021