



Kids' Stroke & Fitness

Get a taste of competitive swimming!

Expert coaching & great exercise in a team environment

Holiday Clinic:

Wednesdays - December 4th – December 18th

Intermediate - 5:45 – 6:30PM / Advanced - 6:30 – 7:30PM

Intermediate Program – Swim Center Members: \$40 / Program Pass: \$49

Advanced Program – Swim Center Members: \$49 / Program Pass: \$57

Winter Clinic:

Wednesdays - January 8th – March 26th

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