



# **Kids' Stroke & Fitness**

**Get a taste of competitive swimming!**

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

**Mondays – April 2<sup>nd</sup> – June 18<sup>th</sup>**

*Intermediate - 5:45PM – 6:30PM*

*Advanced - 6:30PM – 7:30PM*

**Saturdays – April 7<sup>th</sup> – June 16<sup>th</sup>**

*Intermediate - 8:15PM – 9:00AM*

*Advanced - 9:00PM – 10:00AM*

***Intermediate Program - Mon. OR Sat.***

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

***Advanced Program - Mon. 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](http://www.SwimCenter.net) (860) 408-3021