

# MARLINS SPRING STROKE CLINIC

Ages 5 to 18

Monday, April 4 to Friday, May 27

Better stroke mechanics mean better efficiency in the water. Coaches help swimmers improve their technique in the 4 competitive strokes. Swimmers enjoy this great, non-competitive warm-up while getting a head-start on the upcoming summer swim season. Spring Stroke Clinic is also an ideal introduction to competitive swimming for new athletes.

This program is for swimmers who have mastered the basics of Freestyle and back float. Swimmers must be able to complete 25 yards of freestyle (Fish/Starfish level or above).

Practice groups are based on ability and assigned by the coaching staff. Returning swimmers can register for their regular group. Group placement evaluations are required for all new swimmers. No pre-registration required.

## Placement Dates for New Swimmers

Tuesday, March 24 5-6pm

or

Thursday, March 26, 5-6pm

## Practice Times

**Mini** - Ages 5 to 9 / **Intermediate** - Ages 8 to 12

Tuesdays & Thursdays 5:00 pm to 6:00 pm

OR

Tuesdays & Thursdays 6:00 pm to 7:00 pm

Full Member: \$120 • Program Member: \$190

**Junior** - Ages 11 to 14 / **Senior** - Ages 12 to 18

Mondays, Wednesdays & Fridays 5:30 pm to 7:00 pm

Full Member: \$140 • Program Member: \$210