



KIDS SWIM CLINIC

April 16-May 31

7 weeks Monday thru Thursday

All levels meet two times a week and you can pick the two days (space available). All groups are made according to clinic sign ups. Lessons are 30 minutes unless otherwise noted.

3:00 Beginner Dolphins Mondays and Wednesdays only

3:30 Beginner Dolphins - working on freestyle and able to swim 1/2 length and other strokes

4:00 Dolphins - are working on basic techniques of all 4 strokes and are able to swim 1/2 length progressing to a full length

4:30 Advanced Dolphins- Tues/ Thurs (45 minutes) Working on endurance and stroke refinement This group will swim about 20-30 lengths per workout

5:15 Teen Sharks – Tues/Thurs (45 minutes) and can swim all 4 strokes and are ready for a workout. This group will swim 1000-1400 meters per workout

The price: member/non member 7 weeks / 14 lessons

30 minutes 2 times per week Member \$240 Non member \$270

45 minutes 2 times per week Member \$290 Non member \$320

Makeups for missed lessons need to be made within the clinic dates and arranged for ahead. Non members please remember Mt Tam is a private club and swimming before or after the lesson is not permitted

To sign up please contact Tish at tishb@mttamrc.com or 415-924-6226 X320