



KIDS SWIM CLINIC
February 27—April 6
6 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.

3:15 **Beginner Dolphins** - working on freestyle and able to swim 1/2 length

3:45 **Dolphins** - are working on basic techniques of all 4 strokes and are able to swim 1/2 length progressing to a full length

4:15 **Advanced Dolphins**-(45 minutes) Working on endurance and stroke refinement and can swim 25 meters

5:00 **Teen Sharks** – (45 minutes) able to swim many meters and can swim all 4 strokes and are ready for a workout.

The price: member/non member **6** weeks

30 minutes 2 times per week Member \$200 Non member \$225

45 minutes 2 times per week Member \$250 Non member \$265

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

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