Swim Clinic

Tuesdays and Thursdays

Session 1 Get ready for swim team!

January 8-February 14 No class 2/7

Session 2 Get ready for Spring! February 26 - April 4

All levels meet two times a week Lessons are 30 minutes unless otherwise noted.

3:45 Beginner Dolphins - working on freestyle and able to swim 1/2 length and other strokes

4:15 Dolphins - are working on basic techniques of all 4 strokes and are able to swim a full length

4:45 Rays-(45 minutes) Working on endurance and stroke refinement This group will swim about 1000 meters per workout

5:30 Teen Sharks – (45 minutes) and can swim all 4 strokes and are ready for a workout. This group will swim 1500 meters per workout

The price: member/non member

30 minutes 2 times per week Member session 1 (11) lessons $200 Non member $215

45 minutes 2 times per week Member session 1 (11) lessons $245 Non member $270

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