



February Break Swim Clinic

Small Group Technique/ Endurance Training

10 to 1 ratio

**February 15th – 18th
8:30am – 12:30pm**



Monday – Endurance Focus – must be able to swim 10,000 yards during the session

Tuesday – Starts and Turns Focus

Wednesday – Breaststroke Focus

Thursday – Butterfly Focus

Cost: Members \$30 per session, Non-Members \$45

All 4 sessions: Members \$105, Non-Members \$160

Each session will focus on one aspect of the competitive swimming strokes and the techniques needed to swim that stroke to the best of the swimmers ability. All sessions will work on turns and starts specific to that stroke. Each day the swimmers will participate in a dryland program such as strength conditioning, yoga, nia or piyo. Sessions are designed to meet the needs of all swimmers. Swimmers should be able to swim 25yds.

Swimmers should bring a water bottle, swim suit, goggles, sneakers, gym clothes and light snacks. If you have your own fins, snorkel or hand paddles please bring these too.

Participants that will need full day care will be able to participate in our Fun Daze program for and additional \$20 per day (members).

Swimmers that would like to stay for lunch after the session can; we will order a light lunch like pizza or bagels for those interested. Each child that plans to stay and eat should bring \$5 towards the cost of the meal. Swimmers can also stay and bring their own lunch for no cost. After lunch pick up should be by 1:15pm.

For more fun consider our afternoon game hour from 1:30 – 2:30pm M – Th. Free to Members

For questions about this program please contact Jenn Dixon at 895-9500 or jdixon@dacc.info