

# It's Back and It's Even Better!



Summer swim season is almost here...time for your children to start getting in the swimming groove! Want to refresh skills? Learn a flip turn? Have your five year old ready for his first summer league practice? Raleigh Swimming Association (RSA) is pleased to announce its 2016 RSA in Maypril Clinics!

Click [here](#) to sign up and get ready for summer.

## Questions:

Coach Brent [brent.stpierre@swimrsa.org](mailto:brent.stpierre@swimrsa.org)  
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## Firefish

### Intro to Summer League Swim Team

The Firefish Clinics are offered at 2:00 pm, 5:00 pm and 6:00 pm on Tuesdays and Thursdays, as well Saturday and Saturday/Sunday options. RSA coaches teach children who will be six years old or younger on June 1, 2016 the elements of Freestyle, Backstroke, and Breaststroke in our warm water instructional pool. By maintaining a 1:4 coach to swimmer ratio, we are able to provide your child with a kick start to summer league swim team.

### Age Range:

4 to 6 years old as of June 1, 2016

**Class Length:** 45 minutes

### Sessions:

3/1/16-3/17/16  
3/5/16-3/20/16  
4/2/16-4/24/16  
4/2/16-5/7/16\*  
4/5/16-4/21/16  
4/26/16-5/12/16

**Registration:** \$99  
\*\$85

## Track Out Tripletails

The Tripletails practice on Mondays, Wednesdays and Fridays from 10:00am to 11:00am or 1:00 pm to 2:00 pm for two consecutive weeks during Track 3 and Track 4 track outs. RSA coaches work with the swimmers to evaluate technique and refine strokes. Focus areas include the four strokes (Freestyle, Backstroke, Breaststroke, and Butterfly), diving and turns. **Note: Athlete must be able to swim 25 yards unassisted.**

### Age Range:

7 years old to 10 years old as of June 1, 2016

**Class Length:** 1 hour

### Sessions:

Track 4: 3/28/16-4/8/16  
Track 3: 4/25/16-5/6/16

**Registration:** \$99

## Weekend Wahoos

The Weekend Wahoos practice on Saturdays and Sundays from 1:00 pm to 2:00 pm or 2:00 pm to 3:00pm. RSA coaches work with the swimmers to evaluate technique and refine strokes. Focus areas include the four strokes (Freestyle, Backstroke, Breaststroke, Butterfly), diving and turns. **Note: Athlete must be able to swim 25 yards unassisted.**

### Age Range:

7 years old to 10 years old as of June 1, 2016 OR 11 years old to 14 years old as of June 1, 2016

**Class Length:** 1 hour

### Sessions:

3/5/16-3/20/16  
4/2/16-4/24/16

**Registration:** \$99



## Team Clinics

Team Clinics are available on a limited basis for TSA summer league teams. The focus is on proper technique for strokes, turns and starts and include four one-hour classes. Clinics are held at Sonner Aquatic Facility and are coached by Coach Brent in conjunction with your TSA coach. The clinic cost is \$99 per participant or \$75 per participant for teams with 25 participants or more. Contact Coach Brent ([brent.stpierre@swimrsa.org](mailto:brent.stpierre@swimrsa.org)) regarding availability.