



RSA in MAYpril seasonal clinics are designed for children, ages four to fourteen, who are interested in summer league swimming. Offered on weekdays and weekends, the clinics feature one hour classes and focus on skills needed for summer swimming success. Led by RSA's professional swim team coaches, the curriculum includes instruction in stroke technique, starts, turns and finishes, as well as reinforcement drills.

Clinics are held at RSA's Sonner Aquatic Facility located at 1013 Jones Franklin Road in Raleigh, NC. Clinics include:

Weekday Firefish: Tuesdays and Thursdays: 5:00 pm or 6:00 pm

Session 1: 4/03/18-4/19/18; 6 classes: \$150.00
Session 2: 5/01/18-5/17/18; 6 classes: \$150.00

Weekday Wahoo: Tuesdays OR Thursdays: 7:30 pm

Tuesdays: 4/10/18-5/01/18; 4 classes: \$99.00
Thursdays: 5/03/18-5/24/18; 4 classes: \$99.00

Weekend Firefish: Saturdays OR Sundays 2:00 pm and 3:00 pm

Saturdays: 4/21/18-5/19/18; *4 classes: \$99.00
Sundays: 4/22/18-5/20/18; *4 classes: \$99.00

Weekend Wahoo: Saturdays OR Sundays: 2:00 pm and 3:00 pm

Saturdays: 4/21/18-5/19/18; *4 classes: \$99.00
Sundays: 4/22/18-5/20/18; *4 classes: \$99.00

*No class on Saturday, 4/28/18 or Sunday, 5/13/18

The Firefish clinics for four to six year olds are taught in RSA's warm water instructional pool with in-water and on-deck coaches. Firefish curriculum focuses on the elements of freestyle, backstroke and breaststroke, with an emphasis on FUN. **Participants do not have to be able to swim 25 yards unassisted, but must be comfortable in the water.**

The Wahoo clinics for seven to fourteen year olds are taught in a six-lane lap pool with in-water and on-deck coaches. Wahoo curriculum focuses on the four strokes, (Backstroke, Breaststroke, Butterfly and Freestyle), as well as starts, turns, finishes and drills. **Participants must be able to swim 25 yards unassisted.**

Registration is open online at www.swimrsa.org via the Seasonal Clinics button on the home page or the Wahoo Swim Academy tab on the home page. **For more information, contact us at clinics@swimrsa.org.**

Sign up today to swim the Wahoo Way!



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SWIMMING**