



RSA in MAYpril seasonal clinics are designed for children, ages four to eighteen, 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.

The Firefish clinics are designed for four to six year olds and 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 or be proficient in their strokes, but participants must be able to swim independently.**

The Wahoo clinics are designed for seven to eighteen year olds who are taught in a six-lane lap pool. 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.**

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

Weekday Firefish: Mondays and Wednesdays: 10:00 am

4/22/19-5/15/19; 8 classes: \$180.00

Weekday Firefish: Tuesdays and Thursdays: 5:00 pm

Session 1: 4/23/19-5/02/19; 4 classes: \$99.00

Session 2: 5/07/19-5/16/19; 4 classes: \$99.00

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

Saturdays: 4/20/19-5/11/19; 4 classes: \$99.00

Sundays: 4/07/19-5/05/19; 4 classes: \$99.00

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

Saturdays: 4/20/19-5/11/19; 4 classes: \$99.00

Sundays: 4/07/19-5/05/19; 4 classes: \$99.00

There are no classes on Sunday, 4/21/19. For Weekend Wahoos, age is determined by the participant's age as of 6/01/19.

Registration is open online at www.swimrsa.org via the RSA in MAYpril Clinics button on the home page or the WSA tab on the home page. For more information, contact us at clinics@swimrsa.org or 919-859-4881.



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