

RSA



RSA in MAYpril seasonal clinics are designed for children, ages four to eighteen, who are interested in summer league swimming. The Firefish clinics include five fifty minute classes and the Weekend Wahoo clinics include five one hour classes. Classes focus on skills needed for summer swimming success. Led by RSA's professional swim team coaches, the clinics include instruction in stroke technique, starts, turns and finishes, as well as reinforcement drills.

Clinic Dates:	4/25/20, 4/26/20, 5/02/20, 5/03/20, 5/9/20
Clinic Times:	2:00 pm, 3:00 pm or 4:00 pm
Clinic Types:	Firefish (4-6 years)* or Weekend Wahoo (7-18 years)*
Session of 5 Classes:	\$125.00 (includes a RSA cap and a T-shirt)

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. The 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 Weekend Wahoo clinics are designed for seven to eighteen year olds and are taught in RSA's competition pool. Participants are separated into age groups: 7-10, 11-14, 15-18. The Weekend Wahoo curriculum focuses on the four competitive strokes, (freestyle, backstroke, breaststroke and butterfly), as well as starts, turns (for participants eleven years old and older), finishes and drills. **Participants must be able to swim at least 25 yards unassisted.**

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

*Age is determined by the participant's age as of 6/01/20 for Weekend Wahoos.
Age is determined by the participant's age as of 4/25/20 for the Firefish.

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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SWIMMING**