



RSA in MAYpril Seasonal Clinics...a Kick Start to Summer League

Sonner Aquatic Facility, 1013 Jones Franklin Road, Raleigh

www.swimrsa.org 919-859-4881



NORTH
CAROLINA
SWIMMING

Class Name	Age Range	Session Dates	Tuition Per Session	Coach to Student Ratio	Class Length	Class Information
Firefish Tuesday/Thursday	4 to 6 years as of June 1, 2017	Session 1: 4/18/17-5/04/17 5:00 pm or 6:00 pm Session 2: 5/09/17-5/25/17 5:00 pm or 6:00 pm	\$99.00	1:4	45 minutes	Designed for summer league 6 and Unders, RSA coaches teach the elements of Freestyle, Backstroke and Breaststroke in our warm water instructional pool. A great kick start to summer league swim team. Participants must be four years old as of the first day of class to participate. Participants do not have to swim 25 yards unassisted, but must be comfortable in the water. Swim Cap provided.
Firefish Saturday or Sunday	4 to 6 years as of June 1, 2017	Sat: 4/29/17-5/20/17 2:00 pm or 3:00 pm Sun: 4/23/17-5/21/17 2:00 pm or 3:00 pm	\$66.00	1:4	45 minutes	Designed for summer league 6 and Unders, RSA coaches teach the elements of Freestyle, Backstroke and Breaststroke in our warm water instructional pool. A great kick start to summer league swim team. Participants must be four years old as of the first day of class to participate. Participants do not have to swim 25 yards unassisted, but must be comfortable in the water. Swim cap provided.
Weekday Wahoo Wednesday	7-10 years old 11-14 years old	4/19/17-5/17/17 7:30 pm	\$85.00	1:10	60 minutes	Designed for summer league swimmers, RSA's Head Coach teaches the four strokes, (Freestyle, Backstroke Breaststroke and Butterfly), as well as starts and finishes. Flip turns are taught in the 11-14 year old class and introduced in the 7-10 year old class. Participants must be able to swim 25 yards unassisted. Swim cap provided.
Weekend Wahoo Saturday or Sunday	7-10 years old 11-12 years old	Sat: 4/29/17-5/20/17 2:00 pm or 3:00 pm Sun: 4/23/17-5/21/17 2:00 pm or 3:00 pm	\$66.00	1:10	60 minutes	Designed for summer league swimmers, RSA coaches teach the four strokes, (Freestyle, Backstroke Breaststroke and Butterfly), as well as starts and finishes. Flip turns are taught in the 11-12 year old class and introduced in the 7-10 year old class. Participants must be able to swim 25 yards unassisted. Swim cap provided.