

Aquatics

at Round Hill Country Club

Coaches Dow and Devon are gearing up for the summer season and encourage all swimmers to participate in spring clinics. The coaches have a lot of great technique to start teaching the kids before the season starts!

Stroke Clinics days are offered Monday – Thursday. Swimmers can attend as many as 4 days per week for one low price! No need to split or choose between 2 and 4 days! You have the freedom to attend practice as often as your schedule allows.

Clinics are geared to all swim levels. However, swimmers MUST be 100% water safe, able to swim the length of the pool only stopping once and have a basic understanding of freestyle. If coaches feel the swimmer does not meet the above requirements they will be asked to move to lessons for safety reasons.

STROKE CLINICS

Cost per session: \$55

Week 1 - March 2 - 5	(Freestyle)	Week 3 - March 16 - 19	(Breaststroke)
Week 2 - March 9 - 12	(Backstroke)	Week 4 - March 23 - 26	(Butterfly)
6 & U	4:00-4:30	9/10	5:15-6:00
7/8	4:30-5:15	11 & up	6:00-6:45

Week 5 - SMALL GROUP DIVE & TURN CLINICS

Cost per clinic \$15

March 30 , 31, April 1, 2

Session 5 week, you can sign up for specific days and clinics you want to attend. Monday and Tuesday you can only sign up for one clinic per day but on Wednesday and Thursday you are welcome to sign up for multiple clinics per day.

Dives

8 & Under	3:30-4:00	9-12's	4:30-5:00
8 & Under	4:00-4:30	9-12's	5:00-5:30

Turns

9 -11's	5:30-6:00	12-18's	6:00-6:30
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Cancellation Policy – Any cancellations must be done on the Wednesday before the session is to start for a full refund. Cancellations after the Wednesday before clinics start will only receive a 50% refund. No refunds will be given after the start of each session. We do not pro-rate for missed classes or carry over days to another session.

Go to www.rhswim.com starting January 20, to register for clinics

If you have any questions, please email Hillary Halvorson at

aquatics@roundhillcc.org