



Learn proper technique from our incredible coaches and get a jump on the summer in our new location!

AquaSol offers an eight-week Spring clinic for swimmers ages 14 and under who are interested in developing their swimming technique. The goal of our program is helping swimmers learn proper stroke mechanics using drills and the latest teaching techniques. Our spring clinic instructors are USA certified year-round coaches. ***All swimmers must be able to swim 25 yards of freestyle and backstroke to participate in the clinic.***

Come see why many of the top summer league swimmers in our area train with AquaSol to get ready for their season!

Location: Cameron Park CSD pool, 2502 Country Club Drive, Cameron Park, CA 95682.

****AquaSol Swim Team new home base!**

Dates: March 2 – April 24. The dates and practice hours of our clinic adhere to the restrictions set by the local summer recreation leagues.

Practice Schedule: Level 1 (ages 6-8) swimmers choose a Monday/Thursday **OR** Tuesday/Friday 5:00-5:45pm class. Level 2 (ages 9-up) choose either a Monday/Thursday **OR** Tuesday/Friday 5:45-6:30pm class.

Registration: Registration is open on our website. The class fee is \$295. Register early to ensure that your child has a spot in the group.

****All spring clinic swimmers must be currently registered with USA swimming. We suggest selecting the Flex membership which is only \$20 and is good through December 2020. To register go to the Links tab on the home page of our website, click on USA swimmer registration. Our club code is SN-AQUA.**

Can't wait to see your swimmer in March! Please email Aimee Lehr at aimswims@sbcglobal.net with any questions about our spring clinic.