



Pre-Season Swim Clinics



Where: Sutter Lawn Swimming Pool

Dates: Monday, March 15th - Thursday, March, 18th - Freestyle and Backstroke
Monday, March 22nd - Thursday, March 25th - Breaststroke and Butterfly
(Free and Back for the 1st Year 6 and Unders)

Times: Week of March 15th: 2nd Year 6 and Unders 3:30-4:00*
7/8s 4:00-4:45
9/10s 4:45-5:45
11/12s and Up 5:45-6:45

Week of March 22nd: 1st Year 6 and Unders 3:30-4:00*
1st Year 7/8s 4:00-4:45**
2nd Year 7/8s 4:45-5:30**
9/10s 5:30-6:30
11/12s and Up 6:30-7:30

**In order to best serve the needs of new and returning 6 and Unders, the 6 and Unders have been separated for the clinics. The week of March 15th will be offered for swimmers who have already competed as 6 and Unders. The week of March 22nd will be offered for 6 and Unders new to the team.*

*** The 7/8s have been separated during the second week where we focus on breaststroke and butterfly so that those swimmers who were 6 and Unders last year have an opportunity to learn the strokes, whereas the second year 7/8s can work on improving their strokes.*

Cost: Per Day- \$12

Week of March 15th **or** Week of March 22nd: \$40

Week of March 15th **and** Week of March 22nd: \$75

***Clinics are on a first come, first serve basis. Groups will be limited to 12 swimmers in order for the clinics to be the most productive for the swimmers (no exceptions).**

Registration forms available at the club and on www.sutterlawn.com.

Mail or Deliver Registration Form and Check to:

Libby Woolford: 805 48th Street, Sacramento, CA 95819 or

Libby Woolford c/o Sutter Lawn Tennis Club: 3951 N Street, Sacramento, CA 95816

If delivered to the club, Libby has a box in the manager's office.

Contact Libby with Questions: libs2780@aol.com or 916-502-2120

