

Fall Swim Clinic

Assistant CG Gator Coach Lily Van Rees is offering a four-week fall swim clinic from September 4 to October 4 for members and non-members between the ages of 8 - 18. This clinic will emphasize building swimmers' fitness level and endurance with drills, skill development/refinement, workouts designed to keep the kids swimming throughout practice, and fun!

Swimmers must have at least one season of swim team experience (any swim team) and be able to swim multiple laps independently in both freestyle and backstroke.

Cost is \$80 for members/\$100 for non-members. Fee is due at the first practice and is payable by cash or check to CGSRC.

Schedule:

September 4 to October 4

8-10 years old - Mondays and Tuesdays from 5:30 - 6:15 pm

11-18 years old - Mondays and Tuesdays from 6:15 - 7:15 pm

8-18 years old - Wednesday from 5:30 - 6:15 (Dry land workout only)

Coach Lily has spent many days at the Cabana Club as a member and lifeguard, as well as a swimmer and coach for the CG Gators. Lily has been coaching for the Gators the past four years.

If you have any questions or wish to sign up, please contact Coach Lily at lilyvanrees1@gmail.com or (916) 213-9190 or the Club at secretary@collegetreens.net.