

CG GATORS SPRING SWIM CLINICS 2019



Join CG Gator Head Coach Denise Fortune to get a head start on the summer swimming season! Improve your technique, refine your skills, gain strength and fitness, and have some fun!

WHEN: March 25-April 11, Mon/Tues/Thurs, Choose 1, 2 or all 3 weeks

TIME: *Clinic times may change slightly based on registration numbers.*

Ages 7-10 GREEN* 3:45-4:15

Ages 7-10 GOLD* 4:15-5:00

Ages 11-18 5:00-6:00

**Swimmers ages 7-10 who are still learning to do all four strokes legally should sign up for the GREEN group. Experienced 7-10 year olds with confidence in all four strokes should sign up for the GOLD group.*

FOCUS:

- Week 1 (March 25, 26, 28): Back/Free
- Week 2 (April 1, 2, 4): Breast /Free
- Week 3 (April 8, 9, 11): Fly/Free

****Turns, finishes, and underwater work will be incorporated into each week**

COST: \$40 each week or \$100 if you sign up for all 3 weeks.

WHO:

- Any swimmers ages 7-18, novice through advanced.
- *Swimmers must be able to swim at least one length of the pool without assistance.*
- **SPACE IS LIMITED.** Priority registration from now until March 15 is given to those planning to swim with the CG Gators for the 2019 season. After March 15 any remaining spaces can be filled by non-swim team members.

Email Denise Fortune at fortune.den@gmail.com to register or for questions. Please include swimmer's name, age, level (green, gold, or 11-18), and for which weeks they are registering.