

University of Richmond

2015 Fall Sunday Swim Clinic

The Program:

- The clinic is open to anyone age 6 and above as of September 13, 2015.
- The clinic is geared specifically towards the improvement of the four competitive swim strokes, racing starts, and turns.
- **The 5:00-6:00 session is designed for the experienced swimmer aged 12 and over who favors a challenging swim practice as well as technical instruction.**

The Details:

- 12 Sundays: **September 13,20,27, October 4,11,18,25, November 8,15,22,29, December 6**
- Each hour session has limited slots. Availability is provided on a “first come, first serve” basis. A waitlist will be created.
- 3 Time Slots:
 - 3:00 – 4:00 pm Skill Session (Age: 6-12) \$175
 - 4:00 – 5:00 pm Skill Session (Age: 7-12) \$175
 - 5:00 – 6:00 pm Skill Practice (Age: 12 and over) \$200

Considerations:

- **Please do not register if any of these factors concern you...**
 - The minimum requirement for this clinic is swimming freestyle for 25 yards without aid or stopping.
 - The clinic is NOT designed as basic swimming lessons. Coaches will not be in the water.
 - The clinic is hosted in the Robins Center pool. The pool is kept at 80 degrees per NCAA regulations.
- **Registration is online only with full payment.**
- **Registration will close when each session is filled.**
- **No refunds. Please do not register unless you plan to attend. No refunds.**

Cost: 3:00 Session and 4:00 Sessions

\$175 per swimmer (\$168.50 + \$6.50 online fee)

\$325 for 2 swimmers in same family (\$175 + \$150)

UR Employees & Alumni: \$150 per swimmer (\$143.5 + \$6.50 online fee)

5:00 Session

\$200 per swimmer (\$193.5 + \$6.50 online fee)

\$375 for 2 swimmers in same family (\$200 + \$175)

UR Employees & Alumni: \$175 per swimmer (\$168.5 + \$6.50 online fee)