

OOLTEWAH SWIM CLUB Summer tune-up swim clinic

SUMMER SWIM SEASON IS ALMOST HERE.... ARE YOU READY?

OSC HAS TWO OPPORTUNITIES FOR YOUR CHILD TO IMPROVE THEIR SWIMMING SKILLS

- For the <u>novice</u> swimmer that needs to learn the proper way to swim freestyle, back, breast and fly strokes we offer a focused 3-day clinic April 22nd -24th. This should not be considered a swim lesson; swimmers must be able to swim 25 meters of freestyle without stopping and unassisted to attend this clinic. Cost \$40
 - All ages swim Friday 6p-6:45p OR 7-7:45, Sat & Sun 2p-2:45p OR 3p-3:45p (pick one time slot each day)
 - After completion of this clinic swimmers can continue to practice starting April 25th through the month of May at a reduced rate to continue to work on technique.
- For the *experienced* swimmer looking to fine tune their swim stroke technique and improve speed, we offer a 4-day, intense training clinic, May 2-5. The focus will be on correct technique with all 4 strokes, along with starts & turns. Cost \$50
 - Days: Monday, Tuesday, Thursday & Friday
 - Age 8 12 swim 6:15 7:30
 - Age 13+ swim 5:15 6:30
 - After completion of this clinic swimmers may continue to practice for the remaining weeks until summer swim starts.
- Register by April 19th, space is limited
- Call Kelley at 423-667-2612 or email Diane at <u>dianeosc@gmail.com</u>