

ARE YOU READY?

SUMMER SWIM SEASON IS ALMOST UPON US!

THE OOLTEWAH SWIM CLUB HAS TWO OPPORTUNITIES FOR YOUR CHILD TO IMPROVE THEIR SWIMMING SKILLS:

- For the novice swimmer wanting to learn the proper way to swim freestyle, back, breast and fly strokes, we have a focused 3 day clinic: **April 17th – 19th**. There will be demonstrations, Coach Instruction, and swimmers in the water assisting the swimmers with the stroke. This should not be considered a swim lesson; swimmer must be able to swim 1 length of the pool with no floatation assistance. Cost \$50

All ages swim Friday 6:00 – 7:30 pm, Sat & Sun 2:00 – 3:30 pm

- For the experienced swimmer looking to fine tune their swim stroke technique and improve their speed, we have an 4 day intense training clinic: **April 27th – 30th**. Coaches will focus on one stroke each day and cover correct techniques for starts & turns. Cost \$40

Age 5 – 12 swim 6:15 – 7:30 Age 13+ swim 5:15 – 6:30



OSC Waves

CONTINUE TO IMPROVE YOUR STROKES....TAKE ADVANTAGE OF THE OPPORTUNITY TO SWIM WITH THE OSC TEAM FOR THE MONTH OF MAY AT A REDUCED RATE.* THIS IS A GREAT WAY TO PREPARE FOR THE SUMMER SWIM LEAGUE.

*Cost, Times and number of days per week will vary based on age and ability of swimmer.

Register by April 10th, as space is limited.

Call the Swim Center @ 423-238-5094 or email dianeosc@gmail.com for questions or to reserve your spot.