

# Fall Swim Clinic at Woodlake

**Coach: Hagan Larsen**

**September 21 – November 23, 2014**

**Level 1      4:00 – 4:45**

**Level 2      4:45 – 5:30**

**Level 3      5:30 – 6:15**

**Full clinic meets** for ten (10) Sunday afternoon 45-minute sessions

Cost: \$95 G/S/All inclusive, \$110 Full Facility/Family Swim, \$155 Resident NM, \$165 Non Member

Half Clinic Meets 5 Sunday Afternoons 45 minute sessions

Cost \$50 G/S/All Inclusive, \$60 Full Facility/FS, \$80 Resident NM, \$85 Non Member

## **First Half Clinic:**

September 21, 28, Oct. 5, 12, 19, 2014

## **Second Half Clinic:**

Oct 26, Nov. 2, 9, 16, 23, 2014

## **Registration Day**

**Swim Test may be required to determine Swim Level Placement with Coach Hagan Larsen.**

## **September 7<sup>th</sup> Sunday 6pm**

**At the Woodlake Indoor pool.**

**Level 1 – For beginner swimmers with focus on freestyle & back stroke.**

**Level 2 – Focus on improving technique for all 4 competitive strokes. Should be able to swim free style & back stroke & have had some exposure to other strokes.**

**Level 3 – Focus on improving technique, endurance & racing strategies for all 4 competitive strokes. Should be able to swim at least 3 out of 4 competitive strokes.**