



URBANA PARK DISTRICT AQUATICS

SWIM CLINIC

SUMMER, 2024

CRYSTAL LAKE PARK FAMILY AQUATIC CENTER

Learn to swim/race better, more efficiently, more enjoyably

SATURDAY MORNINGS: 8 – 9:30 AM – June 1 to August 10

Clinic Dates: June 1, 8, 22, 29, July 6, 27, August 3, 10

No Class June 15, July 13, 20

**Register Online OR at the Urbana Indoor Aquatic Center
OR Phillips Rec. Center**

**YOU CAN COME TO THE FIRST SESSION, GIVE IT A TRY,
AND REGISTER IF YOU WANT TO STAY.**

Registration is open through the season.

No instructor permission is required.

(Program Code: 472)

Urbana OR Champaign Resident: \$88; Non-Resident: \$132

We give swimmers lots of individual attention with 3-4 coaches.

- Open to people 13 years and older. The only prerequisite is the ability to swim 25 yards.
We customize our teaching to meet your needs.
- We provide the building blocks to help you to become a more efficient, faster swimmer.
- The coaches have extensive experience in coaching, teaching, and competing.
- Triathletes will learn to swim faster, with less effort, and with less fatigue.
- We want to help you achieve your swimming goals from being a more efficient lap swimmer through being a competitive racer.

Lead Instructors:

- Howard Schein: Level 4 High School Certification, Masters Swimmer, former club and high school coach
- Carol Hartman: Marathon Swimmer (e.g., English Channel): Masters Swimmer, former HS coach
- Mark Jaeger: College and Masters Competitive Swimmer
- Caitlin Fredericks: Age Group and College Swim Coach, Masters Swimmer, Exercise Science Instructor

**If on-line messages tell you we are full, contact us. We don't turn people away.
If you have questions and/or trouble registering, contact hschein@gmail.com**

