

## **Urbana Park District Aquatics**

# SWIM CLINIC

# WINTER/SPRING, 2024

SATURDAY MORNINGS: 8 – 9:30 AM Jan. 20 – May 4

### **Urbana Indoor Aquatic Center**

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

Clinic Dates: Jan. 20, Feb. 3, 10, 17, 24, Mar. 2, Apr. 6, 13, 20, May 4 April 20 and May 4 are make-up days if we have to cancel scheduled meetings.

No Clinic Jan 27, March 9, March 16, March 23, March 30, April 27

Register Online OR at the Urbana Indoor Aquatic Center OR Phillips Rec. Center OR 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: 484)

Urbana/Champaign Resident: \$86 Non-Resident: \$129 With 3-4 coaches, we can give swimmers lots of individual attention.

- Open to people 13 years and older. Ability to swim 25 yards is the only prerequisite.
- Building blocks to become a more efficient, faster swimmer with coaches who have extensive experience in coaching, teaching, and competing.
- Triathletes who attend this clinic find that modern swimming techniques help them swim fast and with less effort.
- We want to help you achieve your swimming goals from being a more efficient lap swimmer through being a competitive racer.

#### o 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