



# **JUMP START!** **Summer League** **Stroke Clinics**



Looking to improve your swim technique and get prepped for Summer League?

SwimAtlanta Hamilton Mill can help!

Join our Stroke Clinic today and get a jump start on summer league!

Sessions 1, 2, & 3 are 4 days, 2 weekends full of learning!

Session 4 is only one day or weekend!

Sessions 1, 2 & 3: \$95.00 each / Session 4: \$50

Bundle Session 1, 2, or 3 with Session 4 for only \$135!

Registration is required-online, in person or by phone.

**Session 1 & 3: 12 & Unders 1:30-2:30pm / Session 2: 9:00-10:00am**

**Session 4-a: 9:00-10:15am / Session 4-b: 1:30-2:15pm**

1 Hour for 12 & Unders- those who need help understanding all 4 strokes

**Session 1 & 3: 11& Overs 2:45-4:15pm / Session 2: 10:00-11:30am**

**Session 4-a: 10:30am-12pm / Session 4-b: 2:30-3:15pm**

1.5 Hours for 11 & Overs- those who are efficient in all 4 strokes and can complete a 100IM

\*\*If you are unsure of your swimmer's level, we'd be happy to help by conducting a scheduled evaluation\*\*

## Session 1:

Saturday, March 13- Butterfly  
Sunday, March 14- Backstroke  
Saturday, March 20- Breaststroke  
Sunday, March 21- Freestyle

## Session 2:

Monday, April 5- Butterfly  
Tuesday, April 6- Backstroke  
Wednesday, April 7- Breaststroke  
Thursday, April 8- Freestyle

## Session 3:

Saturday, April 17- Butterfly  
Sunday, April 18- Backstroke  
Saturday, April 24- Breaststroke  
Sunday, April 25- Freestyle

## Session 4:

Option A  
Friday, April 9- Starts & Turns  
Option B  
Saturday, May 8- Starts  
Sunday, May 9- Turns

Each swimmer will attend the 4 days of their session. There is no limit on how many sessions you can attend. Swimmers registered for the 11&Over group CANNOT register for the 12&Under group.

Our coaches will go over a variety of drills and techniques to help your swimmers learn how to swim properly, more efficient and learn how to train. It is our goal at SwimAtlanta to create lifelong swimmers!

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**SwimAtlanta Hamilton Mill - 1152 Auburn Road, Bldg 4 - Dacula, GA 30019**

678-889-2039 - [www.swimatlanta.com/hamiltonmill](http://www.swimatlanta.com/hamiltonmill)