

**COSUMNES COMMUNITY SERVICES DISTRICT
PARKS AND RECREATION DEPARTMENT**



Age Group - Fall Swim Clinic

Come experience recreational swimming with quality coaches that will assist you with stroke development, technique, drills, and conditioning, with an atmosphere of fun. This is not a learn-to-swim program, but builds upon the philosophies of competitive recreation swimming, without attending swim meets.

Prerequisites: Swim 25-yards unassisted without stopping; tested on first day.

Wackford Aquatic Complex

Coaches: Elk Grove Piranhas, Brenda Smart

<u>Ages 5-8</u>	<u>\$175</u>		
#31887	8/30-11/4	Mon-Thur	6:00-6:45pm
<u>Ages 9-12</u>	<u>\$220</u>		
#31888	8/30-11/4	Mon-Thur	6:45-7:45pm
<u>Ages 13-18</u>	<u>\$237</u>		
#31889	8/30-11/4	Mon-Thur	6:30-7:45pm

No practice on September 6 and October 11

Each age group has a maximum number of swimmers allowed; please register early!

Resident Registration: August 11

Non-Resident Registration: August 25

(916) 405-5600

www.yourcsd.org

