

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



Winter Swim Clinic

Maintain your conditioning and endurance with qualified coaches that help assist with stroke technique, stroke development, endurance, and turn work. Practices will have emphasis on increased yardage and distance training during practices.

Wackford Aquatic Complex

Coaches: Elk Grove Piranhas, Brenda Smart

Ages 5-12 \$105

#32013 11/8-12/16 Mon-Thur 5:00-6:00pm

Ages 13-18 \$132

#32012 11/8-12/16 Mon-Thur 3:45-5:00pm

Ages 11-13 \$90

#32014 1/3-1/27 Mon-Thur 4:15-5:45pm

No practice on November 11, 24, 25 and January 17

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