



*Competitive Swimming*

# **Kids' Stroke**

# **& Fitness Program**

Get a taste of competitive swimming!

- Expert coaching on stroke technique
- Great exercise in a team environment

Saturdays 12:30 – 1:30 PM  
October 29<sup>th</sup> – February 18<sup>th</sup>

*Eighteen-week session!!*

*Includes two swim meets with the West Hartford WAVES*

- One-hour workouts under coach's supervision
- Introduction to competitive swimming strokes and training techniques
- Focus on improving stroke technique via drills and constant feedback
- Starts & turns
- Great exercise & camaraderie with other swimmers
- For children ages 6 to 14
- Participants must be able to continuously swim 50 yards (two lengths of the pool) crawl stroke and have the endurance to participate in a one-hour swimming workout

**Cornerstone Members: \$275**

**Program Pass: \$300**

*Full refund available for withdrawals up to 10/28; no refunds after that date  
(space is limited—register early to reserve your spot!)*

**Cornerstone Aquatics Center**

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