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Celebrating our 40th year!

Member: United States Swimming

CAC Spring Clinic '10

Improve your strokes, get ready for summer swimming leagues, or simply stay in shape!

- Great introduction for swimmers not previously involved in organized swim leagues;
- Ideal for conditioned swimmers and those interested in improving and strengthening their swimming strokes;
- Geared toward the individual swimmer and his/her performance;
- Prepare for summer township leagues and/or participate in United States Swimming swim meets
- Focus will be on developing and refining the four basic strokes: freestyle, backstroke, butterfly and breast, as well as improving techniques related to swimming starts and turns;
- For swimmers beginning at age 6,

Spring Schedule 4/6-6/2:

Times & Dates:

Bronze & Silver: 5:45–6:45 PM Mon. & Wed 5:30-6:30 Friday see below for dates for swimming

Gold & Elite: 5:45-7:45 PM Monday - Thursday (5:45-6:15 dry-land) 5:30-7:00 Friday (No dryland)

*Tuesday, Wednesday and Thursday, April 6, 7 & 8
Monday, Wednesday and Friday, April 12, 14 & 16
Monday, Wednesday and Friday, April 19, 21 and 23
Monday, Wednesday and Friday, April 26, 28 and 30
Monday, Wednesday and Friday, May 3, 5 and 7
Monday, Wednesday and Friday May 10, 12 and 14
*Monday, Tuesday and Wednesday May 17, 18 and 19
Tuesday, Wednesday and Friday May 24, 26 and 28
*Monday and Tuesday June 1 and 2

**Where: Cheltenham High School Pool
500 Rices Mill Rd., Wyncote**

****Summer Session Also Available: June & July at
Arcadia University – 6:00 PM – 7:30 PM**

Registration:

Cheltenham High School Pool: Monday, March 15th, 16th, 18th and 22nd 6:15–7:30 PM
You can download team registration forms at www.swim4cac.org and mail them in or bring them to the pool. Forms also available at registration.

For additional information:

Visit us at: www.swim4cac.org
E-mail us at: info@swim4cac.org



Fees: \$115.00 Bronze & Silver; \$165.00 Gold \$190.00 Elite

All swimmers must be USA Swimming Members (“USS”). An additional fee of \$57 will be collected upon registration for swimmers not registered this year (includes insurance and SPLASH magazine).

Swimming Groups:

Bronze: Our Bronze Mini group is our entry level program for swimmers 8 and under. Emphasis is on stroke mechanics, starts and turns.

Silver: Our Silver group is our program for a new competitive swimmer or for an experienced swimmer seeking stroke improvement and conditioning. Emphasis is on stroke mechanics, starts and turns. Participation in meets is not required but is encouraged.

Gold: Our Gold group is for the competitive swimmer who is proficient in all four competitive strokes. This program focuses on refining strokes and providing more endurance work. Participation in meets is required.

Elite: Our Elite group is for the serious year round competitive swimmer, seeking to achieve maximum potential at local, regional and national levels. Swimmers should have at least “BB” times in 3 of their strokes in their age group. Participation in meets is required.

*****Register early - space is limited!**