



# CALIFORNIA CAPITAL AQUATICS

PO Box 368, Roseville, CA 95678

## 2011 SPRING SWIM CLINIC

The Spring Clinic is co-sponsored by California Capital Aquatics and the City of Roseville's Parks and Recreation Department. The clinic will focus on proper stroke mechanics, starts, turns, and race strategy.

### Location:

Roseville Aquatic Complex (RAC)

### When:

March 21-April 14

\*Monday, Tuesday, Thursday March 21-31 (6 classes)

Monday-Thursday April 4-14 (8 classes)

\*First two weeks of practice are limited to 3 days per week due to Northern California Swim League rules.

### Clinic times/age-groups/cost:

#54922 Bronze group 5-8 yrs 4:30-5:15 pm \$90

#54924 Silver Group 9-10 yrs 5:15-6:15 pm \$115

#54925 Gold Group 11+ yrs 6:15-7:15 pm \$115

### Try-outs:

For first time swimmers, try-outs will be held on February 26 @ 10:30 am at the RAC

### Registration:

Using the course codes listed above, call the Roseville Sports Center at (916) 774-5990 or register online at [www.rosevilleparks.com](http://www.rosevilleparks.com)

### Questions:

Contact Coach Bonnie Daleo

[coach.bonnie@ccaswimming.org](mailto:coach.bonnie@ccaswimming.org) or call (916) 435-8456



Building character through the pursuit of excellence in competitive swimming.

