

FINS Summer Nights: (Ages 6 - 14)

A twice a week stroke development program that will meet on Monday and Thursday evenings and will be available to any and all swimmer, ages 6 to 14, so long as the swimmer can complete one length of the pool. This program will be an extension of our year-round program and will continue to teach all aspects of every stroke, along with complimentary technical skills like starts, turns, streamlines, etc. Excellent coach to swimmer ratio!

When: Monday & Thursday Evenings – 6:15pm to 7:10pm (Ages 6 - 14)

Where: Old Farm Pool *(1 swim club way Rockville, MD.)*

Start Date: Monday, **June 5th**

End Date: Thursday, **July 27th**

Ages: 6 - 14

Cost: \$290 (8 Weeks – 2x per week)



Youth Lessons Program: (Beginner Swimmers)

A daily group lessons program offered to our youngest swimmers. In order to participate, swimmers must be toilet trained and willing to get into the shallow area of the pool. FINS coaches will work with swimmers in a group setting to further swimmers' comfort level in and around the water, while learning the basic components to a successful freestyle. The program will run for 6 weeks and offer practice from 10:30am to 11am from Monday through Friday. Every week will start a new session. Excellent coach to swimmer ratio!

When: Monday – Friday – 10:30am to 11am (daily - 30 Minute Sessions)

Where: Old Farm Pool *(1 swim club way Rockville, MD.)*

Start Dates: **6/19, 6/26, 7/3, 7/10, 7/17, 7/24**

Ages: 3 – 7 (Beginner Swimmers)

Cost: \$90 per weekly session.



General Lessons Program: (Private & Group) (All Ages)

From Monday through Friday all summer long our FINS coaches will be available for private and small group lessons to swimmers of every age and ability. Our coaching team will have a great deal of flexibility in the summertime, and whether you just want to fix that flip-turn, or learn how to swim all-together, our lessons team will be excited to help. You can sign up for private lessons all summer long, or just once every now and again, it's up to you! **We will also be able to take on any group lessons requests that you might have, should you be interested in having your swimmer and his/her friends practice together with a FINS/OF coach.**

When: 7 days a week! (Available at most hours) - All Summer Long (June – August)

Where: Old Farm Pool *(1 swim club way Rockville, MD.)*

Ages: All Ages 2&up

Cost: \$30 - \$45 per lesson

Registration is now OPEN!!!

FINS FAST: (Ages 10&up)

On Tuesday evenings, we will invite some of our most accomplished FINS Coaches to run specialized 90 minute clinics which will cover all the different strokes and disciplines of our sport with great detail. Swimmers will watch and be talked through different drills and demonstrations and then have an opportunity to receive hands on feedback as they try the drills and skills themselves. Our FINS Coaches will include an NCAA National Champion, a Pan-American Gold Medalist, Big-East & ACC champions, as well several other local MCSL and High School swimming legends! We've found these unique clinics to be a wonderful learning tool for those FINS swimmers who are looking to better understand the higher levels of our sport. Exact schedule to be released in May.

When: Tuesday Nights (throughout June & July)

Where: Old Farm Pool *(1 swim club way Rockville, MD.)*

Ages: Ages 10&up

Cost for Non-Members: \$50 per clinic

Email SUMMER@finsswimming.com to sign up and with any questions that you might have!

Registration is 1st come 1st serve – Spots will go quickly !