MUSC WELLNESS CENTER SWIM CLUB

Winter 2018: January 8 to March 23 (11 weeks)

Enrollment begins December 17 and ends January 4.

PURPOSE: The MUSC Swim Club is a structured swim program for youth 16 & under looking to enhance their swimming skills. This program focuses on stroke development, body mechanics and techniques associated with all four major swim strokes. The swimmers will also learn to perfect drills, enhance athletic ability, learn to use specific equipment, understand interval training, and will be introduced to learning and understanding basic swimming sets. Please note that Swim Club is primarily fitness training and is not swim lessons. Swimmers must have basic swim skills knowledge and can swim independently.

MINNOWS: (ages 6 to 9) The main goal of this group is to introduce all 4 of the competitive strokes, with a sole focus on stroke development. Participants will receive individual instruction from the coach. Space is very limited.
Prerequisite: Participant must be able to swim 25 meters nonstop of freestyle and backstroke.

Juniors & Seniors: (ages 8 to 16) This group is for swimmers working toward improving speed, technique and endurance. Continued development of all 4 strokes will be the primary goals. There will be an introduction to drills, interval training, turns and race strategy.
Prerequisite: Participant must be able to swim 50 meters and be able to swim 3 of the 4 strokes (freestyle, backstroke, breaststroke and butterfly).

COACH BIO:
Head Coach: Kathleen Wilson
aquaharp@bellsouth.net
Kathleen Wilson has been involved in the competitive swimming world for most of her life as a swimmer and coach. She is very comfortable in the pool coaching and teaching traditional strokes and competitive technique but the world of marathon swimming holds a special place for her. With an extensive resume, she is regarded as one of the most accomplished marathon swimmers in the world and continues to train daily for upcoming swims. Kathleen has experience as a past volunteer coach with James Island Charter High School team and through mentoring several swimmers as they enter the world of marathon swims. She enjoys working with young swimmers as they learn strokes, refine technique and gain an appreciation for a sport that will serve them throughout their lives.

SWIM CLUB SCHEDULE

<table>
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<tr>
<th>Monday</th>
<th>Wednesday</th>
<th>Friday</th>
<th>Fall Session 2018</th>
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<tbody>
<tr>
<td>Minnows</td>
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<td>January 8 to March 23</td>
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<tr>
<td>4:00 pm to 4:40 pm</td>
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<td>(11 weeks)</td>
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<td>Juniors &amp; Seniors</td>
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<td>4:30 pm to 6:00 pm</td>
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REGISTRATION AND RATES
Registration begins December 17.

Payment will be processed on January 8 once registration ends and enrollment has been confirmed.

Please Note: We are not able to offer credits, refunds or adjusted prices for missed classes or late enrollment.

Upon acceptance, you will receive an email confirmation ensuring your child’s spot in swim club.

MINNOWS = $200/$260*    JUNIORS & SENIORS = $330/$440*
*Wellness Member Rates/Nonmember Rates

Daily rates offered if space is available. Contact kids@musc.edu for more information.

Daily Rate Cost:
Minnows: $15/MUSC members & $20/nonmembers   Jr. & Sr.: $20/ MUSC members & $25/nonmembers
Sibling Discount: 50% OFF younger participant for enrollment in the winter swim club program.
Sibling discounts do not apply to drop in participants.

Register online at the Wellness Center’s homepage. Call us at 843-792-0767 if you have any questions.