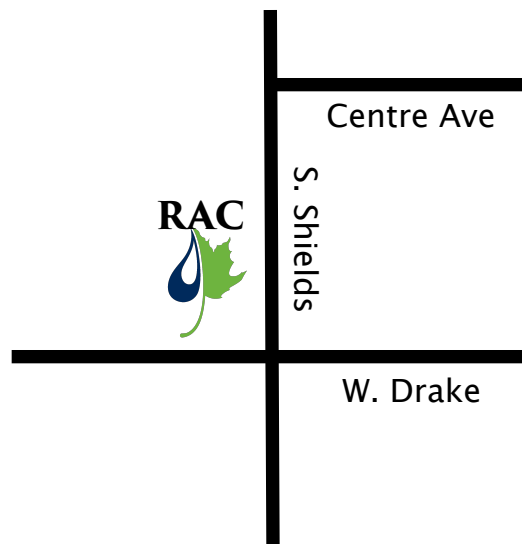


PRE-SUMMER STROKE CLINIC

Get geared up for summer swim team! Each week our coaches will focus on a specific stroke and turns to get summer club swimmers ready for the short summer season.

Monday - Thursday 5:00-6:00pm		
Week 1	5/4 - 5/7	Freestyle & Turns
Week 2	5/11 - 5/14	Backstroke & Turns
Week 3	5/18 - 5/21	Butterfly & Open Turns
Week 4	5/25 - 5/28	Breaststroke & Open Turns
COST		
Whole Series	\$115/members	\$135/non-members
Per Week	\$40/members	\$50/non-members



RAINTREE ATHLETIC CLUB
2555 South Shields
Fort Collins, CO 80526
970.490.1300

CLUB HOURS
Monday - Friday 5:00am - 12:00am
Saturday - Sunday 6:00am - 10:00pm

CHILDCARE HOURS
Monday - Thursday 8:00am - 8:00pm
Friday 8:00am - 7:00pm
Saturday - Sunday 8:00am - 2:00pm



www.RaintreeAthleticClub.com



RAC SWIM TEAM

For children age 5 and up, a great way to build swimming skills, make friendships, and build character. Join our inspiring coaching team while they focus on technique and building skills.

Children joining green team need to be able to swim a length of the pool freestyle and backstroke.

Registration for the 2019-2020 season starts August 1st and runs monthly after that. There are a limited number of spots available for each team on each day. We will run a waitlist for all days and groups when necessary. Swim Team is run month to month. If you are stopping at the end of the month please email Coach Nick at nicka@raintreeathleticclub.com by the 25th, those who are continuing do not need to do anything.

To SIGN UP or ask questions please contact Coach Nick at nicka@raintreeathleticclub.com.

SWIM TEAM DAYS & TIMES

GREEN TEAM : BEGINNER (2 days/week)

When	Tuesday/Thursday	4:30-5:15pm
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YELLOW TEAM : INTERMEDIATE (Chose up to 3 days/week)

When	Monday/Wednesday	5:00-6:00pm
	Tuesday/Thursday	4:30-5:30pm

BLUE TEAM : ADVANCED (Chose up to 4 days/week)

When	Monday/Wednesday	5:00-6:30pm
	Tuesday/Thursday	4:30-6:00pm



COST PER MONTH

GREEN TEAM : BEGINNER 2x/week

	\$55/members	\$75/non-members
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YELLOW TEAM : INTERMEDIATE 2x or 3x/week - be specific on days, space limited

2x/week	\$60/members	\$80/non-members
3x/week	\$80/members	\$100/non-members

BLUE TEAM : ADVANCED 2x, 3x, or 4x/week - be specific on days, space limited

2x/week	\$65/members	\$85/non-members
3x/week	\$85/members	\$105/non-members
4x/week	\$115/members	\$135/non-members

NO PRACTICE ON THE FOLLOWING:

- Oct. 31st (Halloween)
- Nov. 28th (Thanksgiving)
- Dec. 23rd - Jan. 6th (Holiday Break)
- Mar. 16th - Mar. 19th (Spring Break)

OUR TEAM FOCUS

Our coaching team is here to not only help develop our swimmers strokes but also help develop a more "whole" athlete. We do this by focusing on a few things:

◆ DETERMINATION

- ◆ working to accomplish individual and team goals at the right time, regardless of the opposition.

◆ QUALITY

- ◆ demonstrating daily practice and competition excellence in performance, self awareness and being coachable. This involves listening well and focusing on the task at hand.

◆ ENDURANCE

- ◆ the strength to push through and deal with stress and do my best - not "going through the motions"

◆ RESPECT

- ◆ SELF - Doing my best at all times
- ◆ TEAMMATES - Keeping my focus so my teammate can keep theirs
- ◆ COACHES - Listening well and putting what they say into practice

