



Kachemak Swim Club

Don't miss out on the wonderful opportunity to improve your swimming and have fun with your friends!



- **June 22 Dryland/Freestyle**
Medicine balls, jump rope, Hula hoops and more!
- **June 29 Long & Short Axis Turns/IM Transitions**
- **July 6 Freestyle**
- **July 13 Backstroke**
- **July 20 Breaststroke**
- **July 27 Butterfly**
- **August 3 Fun Water Games**
Water Polo, Sharks and Minnows, Goofy Relays!

Levels:

- Seniors:** MWF
3:00-5:00
- Gold:** MWF
3:00-4:30
- Silver:** MWF
3:00-4:30
- Bronze:** T & Th
3:45-5:00
F 3:00-4:00
- Dolphins:** T & TH
3:00-3:45

Each week focuses on a new skill and builds on the previous week's lessons.

Dolphins will have a special curriculum to meet their needs.



The best deal in town!

High quality coaching at all levels.

We invite you to join us for the entire program or pick the session(s) that suits your family's summer.

Swim a little or swim a lot, for these flat rates:

Seniors & Gold \$95 Silver & Bronze \$85 Dolphins \$75