



SOLO Swim School

Stroke Development Classes for All Skill Levels And Ages

This is a very unique program offered only through SOLO Aquatics—a renowned swim program that has been serving Menlo Park and surrounding communities for close to two decades. SOLO is proud to offer affordable stroke development classes designed by SOLO Head Coach Tom McRae whose educational background is in Physical Education specializing in developmental motor patterns in children. The goal is simple: to develop proper stroke technique, which leads to swimming more efficiently and faster.

Groups are broken down into three levels:

- Basic – students that are not comfortable in the water.
- Breather – students that are comfortable in the water and are able to move.
- Advanced – students that are able to swim the length of the pool unassisted.

Session Weeks

I. June 13 – 16	IV: July 5 – 8*	VII. July 25 - 28
II. June 20 – 23	V: July 11 - 14	
III. June 27 – 30	VI. July 18 - 21	

Lessons will run Monday and Wednesday **OR** Tuesday and Thursday at Menlo – Atherton High School. Lessons will run 25 minutes and will start at 4:00, 4:30, 5:00, and 5:30. There will be no more than 4 kids per instructor. We offer flexibility by allowing you to sign up for any sessions that accommodate your schedule. There are no make-ups for missed lessons.

*The week of July 4th lessons will run Tuesday and Thursday or Wednesday and Friday.

Fees

\$25 per two-day session (this breaks down to \$12.50 per class)

\$38 USA Swimming insurance membership annual one-time fee. Children who are already registered with USA Swimming do not have to pay this fee.

For More Information:

Visit our website at www.soloaquatics.com or email us at sololessons@yahoo.com (we will reply within 24 hours).