



URBANA PARK DISTRICT AQUATICS

SWIM CLINIC

FALL 2024

URBANA INDOOR AQUATIC CENTER

Learn to swim/race better, more efficiently, more enjoyably

SATURDAY MORNINGS: 8 – 9:30 AM – September 7 to December 7

Clinic Dates: Sept 7, 14, 21, 28, Oct. 19, 26, Nov. 9, 16, 23, Dec 7

No Class October 5, 12, November 2, 30

Register Online <https://www.urbanaparks.org/programs/aquatics/>

OR at the Urbana Indoor Aquatic Center

OR Phillips Rec. Center

**YOU CAN COME TO THE FIRST SESSION, GIVE IT A TRY,
AND REGISTER IF YOU WANT TO STAY.**

Registration is open through the season.

No instructor permission is required.

(Program Code: 476)

Urbana OR Champaign Resident: \$88; Non-Resident: \$132

With 3 coaches w are able give swimmers lots of individual attention.

- Open to people 13 years and older. The only prerequisite is the ability to swim 25 yards.
We customize our teaching to meet your needs.
- We provide the building blocks to help you to become a more efficient, faster swimmer.
- The coaches have extensive experience in coaching, teaching, and competing.
- Triathletes will learn to swim faster, with less effort, and with less fatigue.
- We want to help you achieve your swimming goals from being a more efficient lap swimmer through being a competitive racer.

Lead Instructors:

Howard Schein: Level 4 High School Certification, Masters Swimmer, former club and high school coach

Carol Hartman: Marathon Swimmer (e.g., English Channel): Masters Swimmer, former HS coach

Mark Jaeger: College and Masters Competitive Swimmer

If on-line messages tell you we are full, contact us. We don't turn people away.

If you have questions and/or trouble registering, contact hschein@gmail.com

