



Urbana Park District Aquatics

SWIM CLINIC

WINTER/SPRING, 2025

SATURDAY MORNINGS: 8 – 9:30 AM Jan. 11 – April 19

Urbana Indoor Aquatic Center

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

Clinic Dates: Jan. 11, 25, Feb. 8, 15, Mar. 1, 8, 15, 29 Apr. 12, 19

No Clinic Jan 18, Feb 1, 22, Mar 22, Apr. 5

Register Online OR at the Urbana Indoor Aquatic Center OR Phillips Rec. Center
OR 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: 488)

Urbana/Champaign Resident: \$88 Non-Resident: \$132

With 3 coaches, we can give swimmers lots of individual attention.

- Open to people 13 years and older. Ability to swim 25 yards is the only prerequisite.
- Building blocks to become a more efficient, faster swimmer with coaches who have extensive experience in coaching, teaching, and competing.
- Triathletes who attend this clinic find that modern swimming techniques help them swim fast and with less effort.
- We want to help you achieve your swimming goals from being a more efficient lap swimmer through being a competitive racer.

o 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

