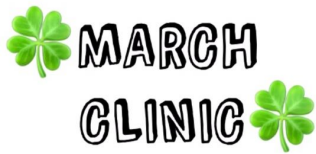




WWW.ROCKLINSWIMTEAM.ORG
(916) 975-5130

Join us for swim programs at the heated pools of Whitney High School & Rocklin High School. Our professional coaches provide the culture, training, and development for swimmers of all ages & abilities to become all that they choose to become.



- **No Tryouts, register in January**
- Jump start the swim season with this stroke refresher
- Each week will be a specific stroke focus



- **Tryouts March 21, 2020 for competitive team, visit rocklinwave.com for appt**
- Compete in 5 dual meets and 1 championship meet
- Season is April through July



- **Tryouts March 21, 2020 for Splash pre-team, visit rocklinwave.com for appt**
- Mock swim meet the last day of practice
- Season is June through July



- Weeknight 30 minute sessions (Monday - Thursday)
 - Spring Break 5pm, 5:30pm, 6pm; Summer 4:30pm, 5pm, 5:30pm, 6pm, 6:30pm
 - Parent/Tot, Adaptive (swimmers with special needs), Youth to Adult Learn-to-Swim
- Spring Break:** April 6-9 (4 classes) **Spring Break Lifeguard Training***
Session I: June 8-18 (8 classes) **Session II:** June 22-July 2 (8 classes)
Session III: July 6-16 (8 classes) **Session IV:** July 20-30 (8 classes)

**Lifeguard Training session for those 15 years and older on March 28-29 and April 4-6 (5 classes) from 9-4pm (morning classroom and afternoon water skills).*



- Year-round team with seasonal Fall and Winter introductory sessions.
- Fall/winter sessions have no tryout if able to swim unassisted 25-50 yards depending on age and we welcome high school water polo players and swimmers.
- Multisport athletes can focus on personal and long term development of swim skills with meets once a month for qualification to local and national championships.
- Training that prepares those who want to excel into high school teams and beyond as collegiate athletes! Check out www.rocklinmavs.com for further details.

"These materials are neither sponsored nor endorsed by the Rocklin Unified School District, the superintendent, or this school. The school makes no representation regarding the nature or quality of the services or activities promoted. The Rocklin Unified School District shall be held harmless from any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including all costs, attorney's fees and judgments or awards."