



COME SWIM WITH US!

Our professional coaches provide the culture, training and development for swimmers of all ages & abilities to become all that they choose to become.

More information on all programming is available on our website at www.rocklinswimteam.org



ROCKLIN WAVE: MARCH CLINICS Join us at the Rocklin High School pool and jump start the swim season with this stroke refresher session for our prospective spring and summer Rocklin WAVE swimmers.

ROCKLIN WAVE is a spring and summer competitive team. The season starts April 3rd and finishes in July with 5 dual meets and 1 championship meet. Visit our website for complete information on all our 2023 Aquatics Programs!

ROCKLIN SWIM LESSONS (SPRING BREAK) 30 minute sessions April 3rd-7th at 3:30, 4:00, 4:30, 5:00, 5:30, 6:00 and 6:30pm at Rocklin HS pool (5 classes per session). \$70 per child for the week.

ROCKLIN SWIM LESSONS (SUMMER) weeknight 30 minute sessions (Monday to Thursday) over a 2-week period at Rocklin HS pool (8 classes per session). We also offer adaptive lessons for those living with disabilities.

ROCKLIN SPLASH is a spring and summer pre-competitive team. No need to tryout but swimmers must be able to swim 50 yards unassisted. This is a summer swim program. There is a mock swim meet on the last day of practice!

MAVERICKS is our year-round competitive group that offers high quality professional coaching and technique instruction within the Sierra Nevada Swim League under USA Swimming. Our goal is to provide every athlete an opportunity to improve swimming skills and achieve success at their level of ability, from novice to international competitor. All of our coaches are USA Swim Certified and have access to the most comprehensive training and certification program for youth coaches of any sport in the United States.

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.

QUESTIONS? PLEASE CONTACT registrar@rocklinswimteam.org or rstdirector@rocklinswimteam.org

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