

Sunrise Sharks Swim Team



2020 Competitive Stroke Clinic

4 - 18 years

Location: Rusch Pool

Fee: \$55

Participants will learn butterfly, backstroke, breaststroke and freestyle drills geared towards creating an efficient fluent stroke. Coaches will also discuss principles of streamline, body position in the water, kicking techniques, starts and turns. Open to new and returning team participants.

Pre-requisite: Students must be able to swim one lap of freestyle unassisted and have a basic concept of the three other strokes.

4 - 6 years (new team members)

Tue/Wed/Thur 6:00 - 6:30pm

6104.100 3/17 - 4/2

<http://bit.ly/SRPDStrokeClinics4to6>

7 - 10 years

Tue/Wed/Thur 6:30 - 7:15pm

6104.001 3/17 - 4/2

<http://bit.ly/SRPDStrokeClinics7to10>

11 - 18 years

Tue/Wed/Thur 7:15 - 8:00pm

6104.102 3/17 - 4/2

<http://bit.ly/SRPDStrokeClinics11to18>

Sunrise Sharks Swim Team 2020

4 - 18 years

This summer league recreational swim team is one of our most popular aquatic programs. It's a great way to stay cool in the summer, keep the kids in shape and make new friends! Check out the Sunrise Sharks website at <http://bit.ly/SunriseSharks>. Families are required to fundraise and volunteer. Swim Meets will be held on Saturdays in June and July

Pre-requisites:

- Participant must be 4 years old
- Participant must be able to swim 25 yards of freestyle
- Provide copy of birth certificate at tryouts

Sharks Season starts April 13. For practice times visit sunriseparks.com

Any Questions about the Program

Please Contact Colin at csmith@sunriseparks.com or 916-721-0410

Sharks Team Registration at Rusch Pool

**Returning Swimmer and
Polar Plunge:** March 15,
1:00pm

New Swimmer Tryouts: April
2, 6:00 - 8:00pm

***Bring 2 checks and a copy
of swimmer's birth
certificate.**

7801 Auburn Blvd.
Citrus Heights, CA 95610
(916) 725-1585
(916) 725-2541 fax
www.sunriseparks.com

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Register Online



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