

Swim Smart with the Swim Guru Class For KIDS!!!

Starting January 3rd 2018!



Class/Practice Times: 6:00-7:00 (Monday/Wednesday)

Cost: \$120 (\$135 Non-Resident)

Ages: 5-15 years

This class is geared toward the swimmer who knows how to swim, but would like to swim more efficiently and effectively. These sessions are also great for fine-tuning the competitive young swimmer, year round swimmer, HS swimmer, or young triathlete. We will be working on a range of different techniques, drills, and strokes as well as out of the water 'dryland' activities that can help to hone a swimmers and athletes fitness and competence. Expect to see some great results and a huge confidence boost within your swimmer/athlete as a result of this class!

****About the Coach: Corrie Kristick is the Head and Founder of Swim Guru Coaching & Corrie Kristick Racing, LLCs. A Rice Graduate as well as DIV I and Olympic trials qualifying swimmer, as well as an American Professional long course Triathlete, Corrie strives to help others learn, grow and succeed in and out of the pool.****

