



Introduction to Competitive Swimming

Sunriver Fitness and Aquatics is offering a 10-week Introduction to Competitive Swimming session geared toward intermediate swimmers ages 7-12. Swimmers will focus on fun, fitness, and competitive swimming skills. Swimmers must be able to swim the length of the pool unassisted.

Swimming is a lifelong sport which develops fitness, self-esteem, and last friendships.

Who:	Youth ages 7 - 12
Where:	Sunriver Fitness and Aquatics 18135 Cottonwood Road Sunriver OR 97707
When:	January 15th - March 22nd Mondays & Thursdays 3:30 - 4:30 pm
Fees:	\$100 per child for the 10 week session Facility Membership Fee (see website for details)
Registration:	541.593.4427
Questions:	Coach Ben Swinehart 503.412.9763 coachswinehart@gmail.com



Coach Ben has over 15 years of 12 & under competitive coaching experience and was twice awarded Oregon Swimming Age Group Coach of the Year.



Once registered coach Ben will email you with specifics for swim gear.