

Competitive Stroke Clinic

Participants learn the concept of the butterfly, backstroke, breaststroke, and freestyle. This clinic is for swimmers that will be trying out or have prior swim experience only. The Sunrise Sharks Recreational Swim Team is open to swimmers ages 4-18 years. It is a great way to stay cool this summer, keep the kids in shape and make new friends! Swim meets will be held on Saturday's in June - July.

FEE: \$45 per child

LOCATION: Rusch Pool

DATES: March 5 - March 28

DAYS: Mon & Wed

Ages: 4 years - 6 years
(for children trying out for swim team)

Code: 6104.102
Mon / Wed 5:30pm - 6:00pm

Ages: 5 years - 10 years
Code: 6104.100
Mon / Wed 6:00pm - 6:45pm

Ages: 11 years - 18 years
Code: 6104.101
Mon / Wed 6:45pm - 7:30pm

Sunrise Recreation & Park District

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

Register on-line or
walk-in at District Office
Mon - Thur 8:00am - 6:30pm
Fri - 8:00am - 5:00pm



Get a Jump Start on
Swimming!