

# SQUIDS SWIMMING GROUP

The Squids group is designed for children who are able to swim at least one lap of each of the four competitive strokes: butterfly, backstroke, breaststroke, and freestyle. The group focuses on building endurance and stroke technique for all the strokes. If you are interested in joining the group, please contact the Aquatics Director, Kristin Neth, for a try out. If you have any other questions, comments or concerns, contact Kristin at (858) 271-6222 x 133 or by email at [swimlessons@srsrc.com](mailto:swimlessons@srsrc.com).

## WORKOUT SCHEDULE

Tuesdays, Wednesdays, and Thursdays @ Trails location

**Squids 1:** Practice: 4:00-5:00 pm

**Squids 2:** Practice: 5:00-6:00 pm

**Pricing:** (see the season brochure for current pricing)

Please note that the pricing fluctuates each month based on the number of class dates within the month.

# SQUIDS

## SWIM TEAM

