



# Capital of Texas Aquatics

*Austin's most dynamic USA swimming program*

## Summer Swim Extension at Great Hills Country Club Pool

**July 7<sup>th</sup> – July 31<sup>st</sup>**

**4 Week Instructional Swim Program**

**Frogs: \$50      Dolphins: \$75**

**INSTRUCTORS:** Professional USA-Swimming Certified Summer Head Coach - Melanie Brewer,  
Assistant coaches

**Frogs – Monday and Wednesday (30 minute class) Minimum Age 5**

For those needing in-water instructions, who cannot swim 25 meters on their own.

**Group Times: 8:55 – 9:25AM OR 9:25 – 9:55AM    Maximum 6 students per Coach**

Frog Group Goals:

- To swim 25 meter Freestyle using rotary breathing
- To swim 15 meter Backstroke

**Dolphins – Tuesday and Thursday                      (40 minute class)**

Prerequisites:                      Can complete 25 meter unassisted on front and back

**Group Times: 8:25 – 9:05AM OR 9:05 – 9:45AM    Maximum 12 students per Coach**

Dolphins Goals:

- To be able to swim 50 m of Freestyle and 1 other stroke legally.
- To have knowledge of competitive starts and turns
- Has knowledge of all 4 competitive strokes and their kicks.

**Registration form and Waiver available at:**

<http://www.capitaloftexasaquatics.com/>

**Questions? Contact:**

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Coach Melanie Brewer at [mellbrew@aol.com](mailto:mellbrew@aol.com)

*Program subject to cancellation if not enough interest is present*