



We are "SMALL, BUT MIGHTY".
Our coach to swimmer ratio is 1:8, which is great for personal attention and stroke correction.

FACT SHEET

One Training Fee for the Whole Summer
June 13th – August 5th
\$150 Rockport Only / \$190 Any Site

There is very little time commitment required.
You decide how much you practice. Most athletes come 2-3 days a week.
There are **NO practice requirements** and **NO meet requirements**.

We want to help you improve!
Learn how to get out further and faster on your starts and turns. Learn to swim with more efficiency and less effort using proper stroke technique!

We offer different OPTIONAL dryland programs.
Rockport Pool – focus is on running and body exercises
UW-Whitewater – work with a personal trainer – it's always different!

Stay fit for your next sports season.

Stay fit and have yourself in better shape and physically ready to go, for your Fall sports.

TRY IT OUT FOR 1 WEEK!

(Come any time – you do NOT need to call first)

Practice Locations (Starting Monday, June 13th):
UW-Whitewater's Williams Center (indoor, 25 yds)
*M & F Mornings: 8:45am-10:30am
*M thru F Evenings: 4:45pm – 6:30pm
Rockport Pool, Janesville (outdoor, 50 meter)
*TU-W-TH Mornings: 7:45am – 9:30am

You can practice for 1 hour or 1 ½ hours.

It's up to you!

For more info, call Cheri at 608-449-5150
or e-mail j_hawkswim@charter.net.



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