



Rhineland Swim Club will be holding a spring session starting April 10<sup>th</sup> for 7 weeks, ending on May 25<sup>th</sup>. Practices will be held Monday, Tuesday and Thursday from 3:45-5:15pm at the Rhineland High School. Membership is open to students aged 5 to 19 years old who can swim one 25-yard length of the pool, non-stop and unaided in any one of the four competitive strokes (freestyle, backstroke, breaststroke or butterfly).

Swimmers who have not been previous members of RSC will be tested the first night of practice. If your swimmer doesn't meet the requirements to join, your registration fee will be refunded minus a \$5.00 service fee.

The cost of this session will be \$75.00 and will be limited to the first 30 swimmers who register. Swimmers will be coached in the correct techniques for all elements of competitive swimming; including the four competitive strokes, racing starts, and turns. For more information and registration, please visit our website: <https://rsc.swimtopia.com>