



## **High School Clinic Week February 2-5**

We will be offering a FREE clinic week for all high school age swimmers February 2-5 at Solano College in Fairfield.

This is a great opportunity for swimmers looking to get a head start on the high school season. We will cover all four competitive strokes as well as turns. DART coaches will be on hand to work on technique and skills with each swimmer who attends.

Swimmers who attend the clinics are welcome to stay for our regular practices following. Swimmers of all abilities are welcome.

Mon, Feb 2	Freestyle	4:45-5:45 pm
Tue, Feb 3	Breaststroke	4:45-5:45 pm
Wed, Feb 4	Backstroke	4:45-5:45 pm
Thu, Feb 5	Butterfly	4:45-5:45 pm

*\*Practices will be available from 5:45-7:00 pm following the clinics.*

### **Solano College**

Solano College is located at 4000 Suisun Valley Road in Fairfield. The pool is located near the gym and soccer fields. Parking is available in any student parking lot (daily or semester passes are required.) Please DO NOT park in staff parking spaces.

[Map](#)

### **DART Swimming**

DART is a USA Swimming year round swim program that offers a variety of swim and water polo options for all ages and levels. Information about DART can be found at the link below.

[www.dartsolanoswim.org](http://www.dartsolanoswim.org)

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