



WWW.ROCKLINSWIMTEAM.ORG
(916) 975-5130

Join us for swim programs at the heated pools of Whitney High School & Rocklin High School. Our professional coaches provide the culture, training, and development for swimmers of all ages & abilities to become all that they choose to become.



Rocklin WAVE March Stroke Clinic has no tryouts. Jump start the swim season with this stroke refresher session for our prospective pre-team Rocklin SPLASH and summer Rocklin WAVE swimmers. Each week will be a specific stroke focus!



TRYOUTS MARCH 21, 2020 for Rocklin WAVE summer competitive team by appointment just visit rocklinwave.com or call 916-975-5130! The season starts in April and finishes at the end of July, with 5 dual meets and 1 championship meet.



TRYOUTS MARCH 21, 2020 for Rocklin SPLASH summer pre-competitive team by appointment just visit rocklinwave.com or call 916-975-5130! The Splash swim season is June through July. There is a mock swim meet on the last day of practice!



Rocklin SWIM SCHOOL's weeknight 30 minute sessions (Monday - Thursday). Spring Break classes at 5pm, 5:30pm, or 6pm. Summer classes at 4:30pm, 5pm, 5:30pm, 6pm and 6:30pm. We have Parent/Tot classes, Adaptive Lessons (for swimmers with special needs), and Adult Learn-to-Swim classes.

Spring Break: April 6-9 (4 classes) **Spring Break Lifeguard Training***
Session I: June 8-18 (8 classes) **Session II:** June 22-July 2 (8 classes)
Session III: July 6-16 (8 classes) **Session IV:** July 20-30 (8 classes)

**Lifeguard Training session for those 15 years and older on March 28-29 and April 4-6 (5 classes) from 9-4pm (morning classroom and afternoon water skills).*



Rocklin MAVERICKS is a year-round team with seasonal Fall and Winter introductory sessions. Multisport athletes can focus on personal and long term development of swim skills with meets once a month for qualification to local and national championships. Fall and winter sessions require no tryout if able to swim 50 yards unassisted and we welcome high school water polo players and high school swimmers. Training that prepares those who want to excel into high school teams and beyond as collegiate athletes! Check out www.rocklinmavs.com for further details.

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