

TECHNICAL SWIM CLINICS



VIDEO CLINIC

Saturday, Feb 4 • 10:00-11:30am

Look and learn, visual feedback of your swimming.

Space limited to 10pp

BUTTERFLY CLINIC

Saturday, March 24 • 10:00-11:30am

Get your fly on, whether you are new to Butterfly and want to learn a new stroke or are looking to improve your current fly this clinic will help you "survive the fly and more"

Space limited to 15pp



Led by **Cara Hancy** (Level I ASCA Coach, Water Safety Instructor & Trainer) & **Charlotte Brynn** (Level II ASCA Coach & Water Safety Instructor)

\$5 Masters Swimmers / \$15 Members / \$15 + Day Fee Nonmembers

Space Limited • Pre-registration Required

Sign-up at the Front Desk

