

HIGH PERFORMANCE SWIM TRAINING

Presents



Summer Skills Swim Clinic

Sunday, July 10th

Beaconsdale Pool

Turns Session 7:15-8:45am

Breast & Fly Session 9:00-10:30am

Our clinics are designed to help swimmers understand key concepts for efficient technique and racing speed for each of the competitive strokes. The “Turns” session is for 9 and older swimmers interested in improving mechanics for turns. The “Breast & Fly” session is for 10 and younger swimmers interested in improving technique for Breaststroke and Butterfly. Cost is \$25 per swimmer.

For registration information, please contact Mark Van Deren at 757-675-4364 or highperformanceswimming@gmail.com.