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SWIM CLINICS AT AUDREY MOORE RECENTER SUMMER 2009

The emphasis of these clinics is on stroke refinement and stroke technique. Prerequisite for each clinic: Swimmers must be legal in the stroke that is being offered for the clinic session they are registering for. In other words, if you would like to sign up for a breaststroke clinic, you need to be legal in breaststroke.

Who: Swimmers who are:

- Ages 6-9 will participate in the clinics from 4:00-5:00 PM
- Ages 10 & over will participate in the clinics from 5:15-6:15 PM

You can sign up for as many clinics as you can as long as you are able to swim a legal stroke in that particular stroke; butterfly, breast, back and free.

What: 5 weeks of instructions in all four competitive strokes and turns; stroke analysis along with instructions for stroke improvement.

When: Starting Tuesday, June 23rd, 2009 for five weeks.

Where: Audrey Moore RECenter at Wakefield Park 8100 Braddock Rd., Annandale, VA.

Why: To refine competitive swimming and stroke techniques as well as supporting your NVSL practices.

Cost: \$5 per clinic; if you register for both clinic during the week, the cost would be \$10. Space is limited and pre-registration starts now. If you have any questions regarding these clinics, please contact Coach Norm at nwright@pvfish.org or (937) 477-4401.

Please complete the attached registration form and send it to the address indicated on the form. Make checks payable to the FISH. It is important to pre-register for the clinics so that we can accommodate your request on a first come first serve basis.

Please be sure to arrive 15 minutes before the stroke clinic starts!!

Pre-Registration Form – Stroke Clinics at Audrey Moore RECenter at Wakefield

Send registration to: Norm Wright, 3900 Edmunds St NW #3, Washington, DC 20007 and make the check payable to the FISH. Please indicate which stroke clinics you would like to attend; you must be legal in the stroke that is being offered for the clinic session that you are registering for. Charge per clinic is \$5.

Name: _____ Age: _____

Legal in which strokes: _____

Parents contact ph #: (_____) _____ E-Mail: _____

	Clinics Offered	6 - 9 yrs old 4:00 - 5:00 p.m.	10 & Over 5:15 - 6:15 p.m.
<u>Week I</u> Freestyle:	Tues, June 23		
	Thurs, June 25		
<u>Week II</u> Breaststroke:	Tues, June 30		
	Thurs, July 2		
<u>Week III</u> Backstroke:	Tues, July 7		
	Thurs, July 9		
<u>Week IV</u> Butterfly:	Tues, July 14		
	Thurs, July 16		
<u>Week V</u> I.M. & Turns:	Tues, July 21		
	Thurs, July 23		