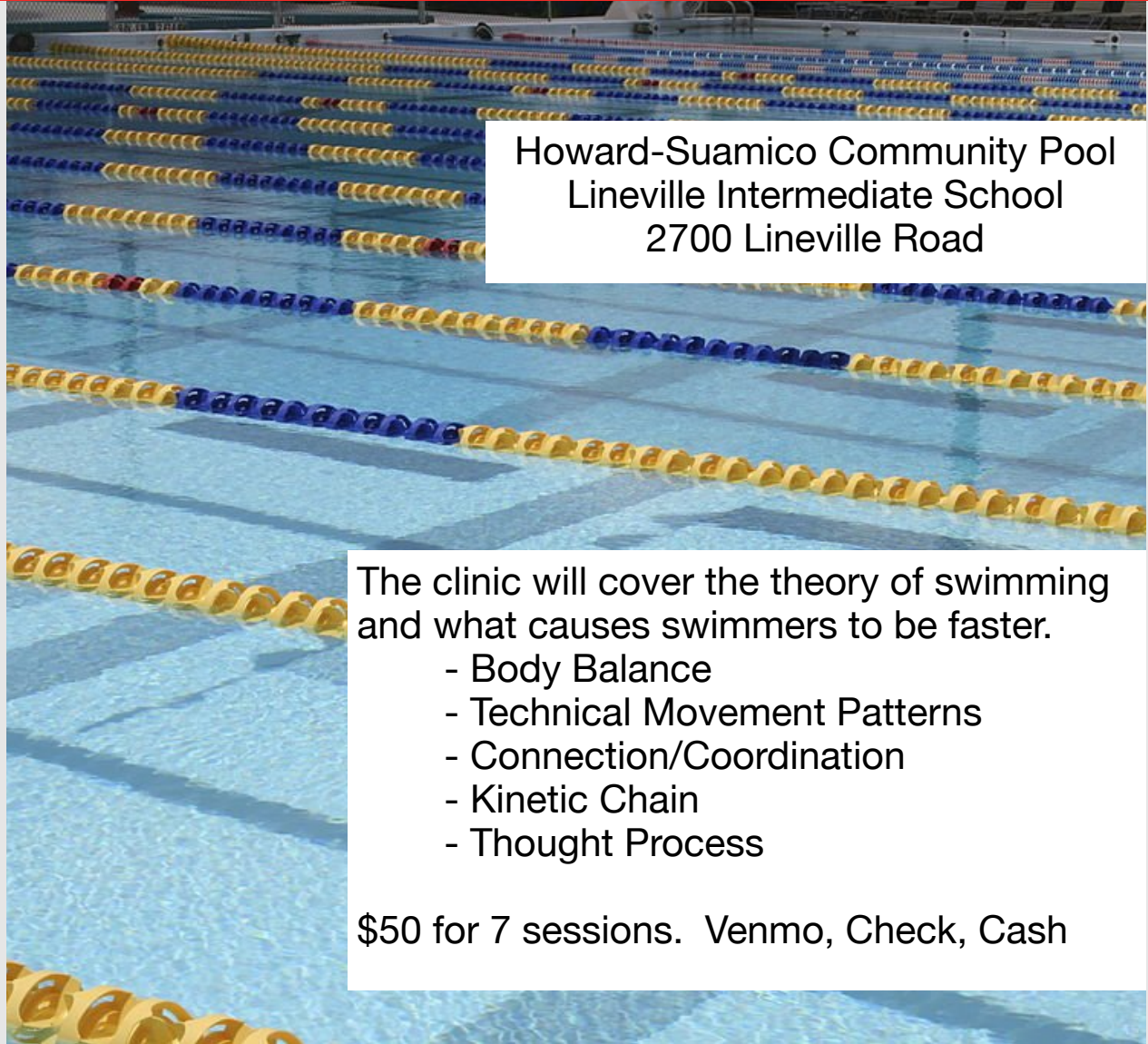


SWIM CLINIC



Howard-Suamico Community Pool
Lineville Intermediate School
2700 Lineville Road

The clinic will cover the theory of swimming and what causes swimmers to be faster.

- Body Balance
- Technical Movement Patterns
- Connection/Coordination
- Kinetic Chain
- Thought Process

\$50 for 7 sessions. Venmo, Check, Cash

APRIL 3, 10, 17, 24
May 1, 8, 15
7:00-8:15 PM

Clinic participants should purchase a competitive swimming snorkel and a pull buoy. Snorkels can be purchased on Amazon - Finis or Speedo OR A3 Performance.com.

Clinic is limited to 16 participants. Email cbeutler@new.rr.com if you want to be on the participant list.