



SPRING BREAK STROKE DEVELOPMENT CLINIC
With Kim Vanderburg World Championship Silver Medalist & Léman Top Tier Coaches
MARCH 19-23, 9 am - 1 pm
Open to 4th - 12th Grade Swimmers

AT LÉMAN MANHATTAN UPPER SCHOOL POOL (25 Greenwich Street)
REFINE YOUR TECHNIQUE; BUILD YOUR ENDURANCE & GET FASTER!

THE 5 DAY PROGRAM WILL FOCUS ON ONE STROKE EACH DAY

MONDAY - FREESTYLE, TUESDAY - BACKSTROKE, WEDNESDAY - BREASTROKE, THURSDAY - BUTTERFLY, FRIDAY - IM, Starts & Turns

- 9am - 10am - DRY LAND INSTRUCTION
- 10am - 10:45am - STROKE CLINIC/VIDEOS IN VARSITY ROOM
- 11am - 1pm - IN THE WATER: warm up, drills, conditioning, starts, turns and sprints

ELIGIBILITY: Swimmers must be able to swim all 4 strokes & have swim team experience. MINIMUM ENROLLMENT OF 10 SWIMMERS IS REQUIRED FOR PROGRAM TO RUN.

What to Pack? Swimsuit, Goggles, Towel, Water Bottle & Light Snack.
Participants will receive a Léman t-shirt & swim cap.

MONDAY, MARCH 19 - FRIDAY, MARCH 23, 9 am - 1 pm
\$120/day or \$500/all 5 days (10% off for siblings)

LÉMAN STROKE DEVELOPMENT CLINIC REGISTRATION FORM:

Monday Tuesday Wednesday Thursday Friday

Swimmer's Name: _____

School: _____ Age: _____ Grade: _____

Parent's Name: _____

Address: _____

Parent's Email: _____

Parent's Cell Phone: _____

REGISTRATION INFORMATION: Registration can be arranged by phone, email or snail mail

Credit Card Number: _____ Exp Date: ____ / ____ Security Code: _____

Checks Enclosed - Payable to "Leman Manhattan"

FOR MORE INFO: Vadim Shoykhet, Aquatics Director, V.Shoykhet@lemanmanhattan.org, 212-232-0266 X551
Send registration to: Vadim Shoykhet, Leman Manhattan Preparatory School, 1 Morris St, New York, NY 10004