



SPRING BREAK STROKE DEVELOPMENT CLINIC

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)

REGISTER ONLINE PHYSIQUESWIMMING.COM OR FILL OUT THE FORM BELOW
PHYSIQUE 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 online, by phone, email or snail mail

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

Checks Enclosed - Payable to "Physique Swimming"

FOR MORE INFO: info@physiqueswimming.com, (212) 725 - 0939

Send registration to: Physique Swimming, 25 Broadway, 9th Floor, New York, NY 10004

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