

Stroke Development and Improvement Clinic for Swimmers and Triathletes

HOSTED BY:

STROKE DEVELOPMENT AND IMPROVEMENT CLINIC FOR SWIMMERS OF ALL ABILITIES

DATE

LOCATION

Check-In:

Swim Clinic:

Clinic Type:

Who should attend?

Equipment: Please bring your fins, suit, goggles, and towel. **Fins are important. Without them many of the drills may be difficult. Fins help create buoyancy and mild propulsion.** If you have hand paddles, bring them too.

REGISTRATION AND INFORMATION

Contact:

