

SPIRIT SWIMMING

COMPETITIVE SWIMMING STROKE & TURN CLINIC

**280 Leedom Way
Newtown PA 18940**

Spirit Swimming is offering its annual competitive swimming stroke and turn clinic for swimmers of ages 6 through 18. Clinic instructors include the Spirit Swimming coaching staff as well as experienced guest coaches. Each week features instruction and correction of strokes, turns and starts in one of the four competitive strokes and the IM. Also featured are sessions about goal setting, mental training, and meet preparation.

DATES: Monday, Wednesday, Friday; April 12th through May 14th 2010

TIME: 5:30-7:30pm

LOCATION: George School, Newtown, PA, Route 413

FACILITY: Marshall-Platt Pool, 8 lane, 25-meter indoor pool

FOR WHOM: For competitive swimmers at any level. Year round USS Swimmers, SAL league swimmers, CYO swimmers, High School swimmers. Great for Summer Club swimmers to get an early start on the summer season.

COST: Novice \$250.00 (5:30-6:30)
Junior/Senior \$275.00

PRE-REGISTRATION April 8th 5:00-7:00 PM at the George School pool
Or by mail

QUESTIONS: Sue Schmelz at 215-579-6687 or email spirith2o@comcast.net

Check our web site spiritswimming.com for information about the clinic and summer swimming.

LOOKING FORWARD TO SEEING YOU AT THE CLINIC