

TECHNO CLINIC

Middle School Swim Club

WHAT IS IT: It is an opportunity for Middle School aged swimmers to improve their swimming technique. It is perfect for the swimmer who wants to tune up their skills before joining a team for the summer. The focus will be technique, not yardage!

WHEN: Monday and Wednesday

TIME: 3:30-4:45p.m.

STARTS: March 3rd thru April 9th (6 weeks)

PRACTICE FORMAT: Each week will emphasize a particular stroke along with Starts, Turns, Finishes. A short swim set will also be included in each practice session.

QUALIFICATIONS: Must be able to swim 50yds. Freestyle and Backstroke. Have a good idea of Breast stroke and Butterfly.

FEE: \$100.00 Members/\$120 Non members (Checks payable to: E.L.B.O.E. Special Acct.)

HOW TO REGISTER: Complete the form below and return it with your check to the front desk at the East Lyme Aquatic Center. Clinic size is limited so register early!

TECHNO CLINIC REGISTRATION FORM

NAME _____ AGE _____ GRADE _____

PHONE H. _____ C. _____

EMAIL _____

House address _____

Parents names _____

A bus will be provided from EL Middle to the pool. Please circle the appropriate response: YES NO for bus transportation.