



Breaststroke Clinic

This 2-hour clinic is a focused training for breaststroke and is geared towards swimmers who know the basics of breaststroke but need to improve and refine their technique.
NOT FOR BEGINNER SWIMMERS.

CLINIC COVERS:

- ✓ Arm Pattern
- ✓ Kick Component
- ✓ Breathing Technique
- ✓ Timing

REGISTRATION IS OPEN
AUGUST 28 – SEPTEMBER 26
REGISTER AT THE SERVICE DESK

SEPTEMBER 28

12:00 - 2:00 p.m.
Pool 2

Members
\$25 + tax
Non-Members
\$40 + tax

Ages 8+

Swim clinic will be held in Pool 2 and requires that swimmers must be able to swim the full length of the pool independently.

QUESTIONS? Contact Linda Mauws at linda@pacific.clinic