

QUESTIONS? Contact Linda Mauws at linda@pacific.clinic

BACKSTROKE CLINIC

November
2

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

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

Ages 8+

This 2-hour clinic is geared towards swimmers who know the basics of Backstroke but need to improve and refine their technique.

Clinic covers:

- Arm Pattern
- Kick Component
- Body Position and Movement
- Timing and Race Strategies

Registration is open

October 2 - 31

**Register at the Service Desk
or by giving us a call!**

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