

# SPRING BREAK SWIM CLINIC

Everyone in the water! The Westport Weston Family Y is offering an exciting new swim clinic during Spring Break! It's the perfect pre-season warm-up or summer club head start! The clinic will focus on instruction in all four competitive strokes, starts, turns and other key aspects of competitive swimming.

**WHO:** All interested swimmers ages 9-12. Basic swim skill and understanding of all four strokes required. USA Swimming membership preferred.

**WHEN:** April 19-23, 8:30am-12:30pm at the WWFY

**COST:** Water Rat Swim Team Members--\$150  
Westport Weston Family Y Members--\$250  
Non-members--\$300  
*Register at Front Desk: Code AQ Competitive Swim Clinic*

## HIGHLIGHTS

- Instruction in swimming technique by highly experienced coaching staff
- Classroom-style discussion on swim principles, physical and mental preparation and nutrition
- Video presentation of techniques and highlights from great historical swim races
- Flexibility training including Yoga instruction
- Dry-land training and instruction
- Karate classes
- Sports psychology
- And....a special visit from 1992 Olympic Gold Medalist Nelson Diebel**