



STARTS & TURNS CLINIC

Day: Saturday

Time: 11:00 am - 12:00 pm

Dates: 2011 Dec 3, 10, 17

2012 Jan 7, 14, 21, 28

- Limited to 10 swimmers.
 - Smaller practice groups for more personalized attention.
 - Starts; Flat starts, relay starts, back starts
 - Flip turns; Free & Back
 - Open turns; Fly & Breast
 - I.M. turns; Fly to Back, Back to Breast, Breast to Free.
 - Indoors, away from the cold wind and pounding rain.
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- Participants must have completed at least one season on a swim team.
 - **Registration must be done in person...no refunds or make-ups.**

The Swimstitute

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