



Get a jump
on the competition

PRE-SEASON SWIM CLINIC FOR HIGH SCHOOL SWIMMERS

10 Weeks September 13-November 19
Monday, Tuesday, Thursday, Friday 3:30-4:30pm
Members \$400, Non-Members \$480*

*Pricing is based on 4 practices per week. 2 and 3 practice per week options available after 4 day per week minimum participant number is reached.

This high school pre-season swim clinic aims to enhance the swimming technique of high school swimmers in all four competitive strokes. Swimmers will improve technique through the use of drills and endurance sets. This clinic will also focus on dives, turns, and underwater technique.

This program is designed for high school swimmers but is open to any swimmers who meet the minimum program requirements (see reverse).



KINGSBURY CLUB
M E D F I E L D

If you have any program questions please contact Chris Carpino,
Aquatic Director, at chriscarpinokcm@gmail.com or 774-469-3035.

