

2011 HAMMERHEAD AQUATICS

Competitive Swim School

OPEN for all serious minded Swimmers and Tri Athletes who want to learn and become better. All skill levels welcome

Competitive Swim Clinic every Wednesday, 6:30 PM to 8 PM

Special feature: Personalized filming and stroke analysis

Registration & Orientation 6PM Wednesday, January 12, 2011 Sunrise Middle School Pool

January to May

Stroke Development: Freestyle, Back Stroke, Breast Stroke and Butterfly
Technique Development: Streamlining, Push Offs, Starts, Turns

(17) Wednesdays

January 19 & 26

February 2, 9, 16, 23

March, 2, 9, 16, 23, 30

April 6, 13, 20, 27

May 4, 11

*We are requesting that all interested, please pre-register
by contacting Coach Scott at
mailto:a.woodburn@att.net
by January 5, 2011