

STROKE CLINIC

Take your swimming to the next level.

Only \$30 for
3 weeks

WHO

School-aged swimmers interested in competitive swimming and swimmers planning to participate in their school swim teams.

Civilians are welcome!!

WHAT

31st Annual Stroke Clinic

WHEN

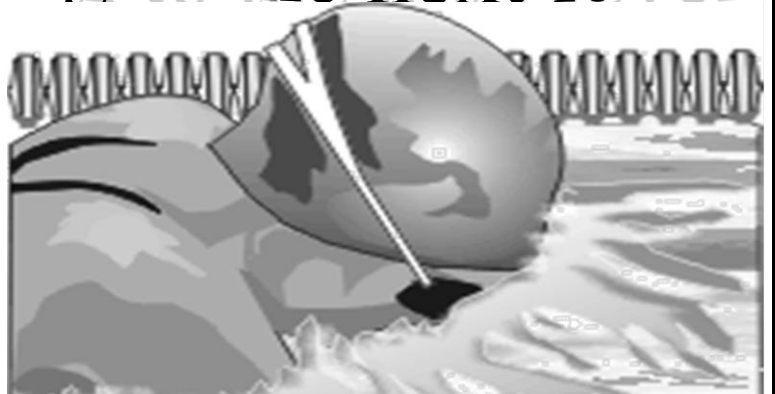
**September 2-19
Tue-Wed-Thu-Fri 6pm-7pm**

WHERE

**NAS Pensacola Mustin Beach
Swimming Pool**

WHY

**Fun, improved technique, meet
new friends**



PNY Swimming and MWR Aquatics will be hosting the 31st Annual Stroke Clinic for school-aged civilians and military dependents in our community. This clinic will focus on technique for the four competitive strokes, and starts and turns. Swimmers age 5 and above who can swim the length of the pool freestyle and backstroke are encouraged to attend.

This is a great opportunity for new swimmers to get introduced to competitive swimming in a no pressure, fun environment. Current PNY swimmers and middle school swimmers can use this clinic as an opportunity to refine and improve their strokes while having fun and meeting new people.

**PUT YOUR NAME ON THE LIST WITH JUST A PHONE-CALL
(MWR AQUATICS 452-9429 OR PNY SWIMMIN' 554-0625)
FORMAL REGISTRATION AND PAYMENT IS MADE 1ST DAY AT THE POOL.
MUST BE PRESENT THE FIRST DAY.
SECURITY PROCEDURES FOR OUR CIVILIAN FRIENDS WITHOUT NORMAL BASE ACCESS WILL BE IN PLACE
THIS YEAR - JUST CALL US FOR DETAILS.**

PARENTS

