

# Summer Youth Swim Clinic

## What is a swim clinic?

This program is designed to prepare young athletes for future participation in a competitive swim team environment. They will develop the fundamentals of the four competitive strokes and learn essential race skills including block starts and flip turns. Participants will also be familiarized with typical swim practice structure and etiquette.

Participants should at a minimum be able to enter water over their head and return to the surface, tread or float for one minute and exit the pool unassisted. More experienced swimmers are also welcome to join up and will receive technique instruction appropriate to their level.

- Grades 3rd through 8th
- Kettering High School Pool and Fitness Center
- 4:00-5:00pm July 9, 10, 16, 17, 23 & 24
- \$40
- Link: [www.wsdmi.org/learn](http://www.wsdmi.org/learn) (Activity Code: 3433.900)

