

Members:  
\$15/Clinic  
Non-members:  
\$25/Clinic

# Swim Clinics

## Advanced Training for Competitive Swimmers

With Maddie Ice, FSBC Masters Coach. Former NVSL Swimmer and Coach with almost 10 years of coaching experience. Division III Collegiate Swimmer.

**JUNE**  
**8**  
9 AM - 10 AM  
**Freestyle**  
*Technique, Breathing, and Underwaters*

**JUNE**  
**22**  
9 AM - 10 AM  
**Backstroke**  
*Rotation, Stroke Count, and Starts*

**JULY**  
**13**  
9 AM - 10 AM  
**Dives**  
*Basic Diving and Racing Dives*

**JULY**  
**27**  
9 AM - 10 AM  
**Breaststroke**  
*Pull Outs, Head Position, and Timing*

**AUG**  
**10**  
9 AM - 10 AM  
**Butterfly**  
*Breathing, Kicking, and Timing*

**AUG**  
**24**  
9 AM - 10 AM  
**Turns**  
*Flip turns, open turns, and underwaters*

Open to kids and adults. Must have competitive swimming background. Email [madeline.ice@verizon.net](mailto:madeline.ice@verizon.net) with questions.

