



Need to refine your swimmer's strokes starts and turns?

Sign them up for **WHRHS 2016 Swim Team MENTOR SWIM CLINIC**

WHEN: MONDAY JUNE 27TH AND TUESDAY JUNE 28TH 10:30-12:00

WHERE: Brookhill Swim and Tennis Club (Main Pool)
18 Drift Road, Watchung NJ 07069

HOW: via **signup** at www.SignUpGenius.com/go/10C0D4EADA729ABFF2-whrhs

COST: \$20 per swimmer

Please bring cash or check* (made out to WHRHS) to your first class.

** All funds will go directly to the Watchung Regional Hills High School (WHRHS) Swim team for equipment and team development activities.*

Who are the teachers? WHRHS Swim team swimmers, who are also certified life guards.

The main goal of this clinic is to bring together swimmers in our regional community and encourage swimmers to continue swimming through their high school years.

What skills will be taught? The team will lead small group clinics for technique and starts and turns. We will also have some fun and games.

Skill Levels:

- Basics (roughly 5-8 year olds), swimmers who have not had much experience with stroke technique but can swim a full lap (any stroke) without stopping.
Focus for basics will be stroke skills and diving.
- Intermediate (roughly 8-10 year olds), swimmers who know all four strokes but need technique adjustments.
Focus on technique, starts and turns.
- Advanced (roughly 10-13 year olds), competent swimmers who need to hone their skills.
Focus will be on perfecting starts and turns.

All groups will participate in team building activities before and after clinic.