

Palmyra Aquatic Club's Fall Stroke and Conditioning Clinic.

Clinic Schedule

- September 11th 5:30-7:00 – Freestyle Technique
- September 13th 5:30-7:00 – Freestyle Technique
- September 14th 5:30-7:30 – Conditioning
- September 18th 5:30-7:00 – Backstroke Technique
- September 20th 5:30-7:00 – Backstroke Technique
- September 21st 5:30-7:30 – Conditioning
- September 25th 5:30-7:00 – Breaststroke Technique
- September 27th 5:30-7:00 – Breaststroke Technique
- September 28th 5:30-7:30 – Conditioning
- October 2nd 5:30-7:00 – Butterfly Technique
- October 3rd 5:30-7:00 – Butterfly Technique
- October 5th 5:30-7:30 – Conditioning
- October 9th 5:30-7:00 - Conditioning
- October 11th 5:30-7:00 - Conditioning
- October 12th 5:30-7:30 - Conditioning
- October 16th 5:30-7:00 - Conditioning
- October 18th 5:30-7:00 - Conditioning
- October 19th 5:30-7:30 - Conditioning

Want to work on perfecting your strokes?

Interested on getting a jump on winter season practice?

Come join us for our Fall Stroke and Conditioning Clinic. Our experienced coaching staff will work with you on stroke technique and provide you with an opportunity to work on pre-season conditioning.

All clinic sessions will be held at the Palmyra High School Pool located at 1125 Park Drive, Palmyra, Pennsylvania

Cost is \$50 per swimmer. (PAC Swimmers this is considered "pre-season" on our registration form.)

Participation is open to any swimmer with prior competitive experience and a basic knowledge of the strokes. PAC swimmers must be at least Tiger level. Swimmers from other clubs welcome!

Clinic Registration Form (PAC Swimmers please complete our normal registration form.)

Swimmer's Name:

Swimmer's Address:

Current Swim Club:

Swimmer's Date of Birth:

Years of Competitive Experience:

Emergency Contact:

Home Telephone No.

Cell No.

**Please make checks payable to
"PAC, Inc." and mail to
636 W. Walnut St., Palmyra, PA 17078**