

SPONSORED BY THE YORK YMCA SWIMMING TEAM

# COMPETITIVE SWIMMING STROKE TECHNIQUE CLINICS

*Improve your technique and get a jump-start on the competition  
in a series of one-day clinics from one of America's strongest swimming programs!*

York YMCA Swimming is offering eight separate technique clinics spread throughout the spring and early summer. Each two hour clinic will consist of video analysis of world-class athletes and in-the-water instruction and practice. Swimmers will learn cutting edge technique focused on the fundamentals of each stroke. *Sign up today for these YORK Y technique clinics!*

- Camp One:** Sat. 16 April: Freestyle
- Camp Two:** Sat. 23 April: Breaststroke
- Camp Three:** Sun. 8 May: Backstroke
- Camp Four:** Sun. 22 May: Butterfly
- Camp Five:** Sun. 29 May: Starts
- Camp Six:** Sun. 5 June: Turns
- Camp Seven:** Sun. 26 June: Free & Back, reprise with new materials
- Camp Eight:** Sun. 3 July: Fly & Breast, reprise with new materials

WHAT: Competitive Swimming Stroke Technique Clinics

WHO: competitive swimmers aged 9 and over who want to improve their technique and learn more about their sport.

WHEN 1: weekends, spanning from mid April to early July

WHEN 2: 1 pm to 3 pm

WHERE: Graham Aquatic Center, 543 N. Newberry St., York, PA, 17401

HOW MUCH: Each clinic is **\$40** per swimmer, payable to **York YMCA**.

BY WHOM: The principal instructor is Michael Brooks, head coach of York YMCA Swimming. Additional York Y coaches and national swimmers will provide thorough coverage and individual attention.

MORE QUESTIONS: Call Coach Brooks at 717-718-1968, ext 104, or email at [mbrooks@yorkcoymca.org](mailto:mbrooks@yorkcoymca.org).

please detach at line

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## YORK Y SWIMMING -- STROKE TECHNIQUE CLINIC -- REGISTRATION FORM

Name: \_\_\_\_\_  
Age: \_\_\_\_\_ DOB: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip \_\_\_\_\_  
Phone: \_\_\_\_\_  
Parent's names: \_\_\_\_\_  
Parents' e-mail: \_\_\_\_\_  
Current team: \_\_\_\_\_

I am registering for:  
CAMP 1: \_\_\_\_\_ CAMP 5: \_\_\_\_\_  
CAMP 2: \_\_\_\_\_ CAMP 6: \_\_\_\_\_  
CAMP 3: \_\_\_\_\_ CAMP 7: \_\_\_\_\_  
CAMP 4: \_\_\_\_\_ CAMP 8: \_\_\_\_\_  
*\$40 per clinic, payable to York YMCA*  
PLEASE MAIL PAYMENTS TO:  
Coach Michael Brooks  
York YMCA  
90 N. Newberry St.,  
York, PA 17401