



MONDAY MECHANICS 3-DAY SWIM CLINIC

ATHLETES ARE WELCOME AND ENCOURAGED
TO ATTEND ALL CLINIC DATES

DAY 1
**FREESTYLE &
BACKSTROKE**

SEPTEMBER
16TH

DAY 2
DIVE & TURNS

SEPTEMBER
23RD

DAY 3
**BUTTERFLY &
BREASTSTROKE**

SEPTEMBER
30TH



**SCAN HERE
TO REGISTER**



HOSTED BY:

BANNING POOL

6:00 PM - 8:00 PM

• **MUST BE PROFICIENT IN ARC - LEVEL 4 INTERMEDIATE**

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Made possible by the
LA28 Olympics and Paralympic Games



come join us on
@iswimla