



Presents

## Summer 2010 Stroke & Turn Clinic

### About the Clinic:

The clinic will run for five consecutive days beginning Monday, July 5<sup>th</sup> and ending on Friday, July 9<sup>th</sup>. The clinic is open to **ANY** swimmers and will be conducted at The Hackley School in Tarrytown, NY. The clinic is an excellent opportunity to spend focused, quality time on technique acquisition, development and refinement in a setting with a low coach to swimmer ratio. Each day will be spent on one or more of the four competitive strokes, and time will be given to both open turns and flip turns, as well.

The clinic will be led by head coach Ilan Noach and members of the Empire Swimming staff.

### Clinic Schedule

July 5-9 Time 10:00 to 1130am

Clinic Cost: \$200

### Registration:

***Space is limited*** and placement in the clinic will be offered on a first come, first serve basis.

To register, please e-mail the following information: [swimschool@empireswimming.com](mailto:swimschool@empireswimming.com)

**Swimmers Name(s), Parents Name(s), Address, Phone, Age**

Payment is due at the time of registration – either by mailing payment to the address below or delivering payment to an Empire coach.

***Receipt of payment is necessary to secure a spot in the clinic.***

***Cash or check payable to "Empire Aquatics, Inc." are both acceptable forms of payment.***

***EMPIRE AQUATICS, INC. / 45 Montross St. / White Plains, NY 10603***