



NORTH COAST AQUATIC TEAM INVITES YOU TO:

SUMMER STROKE CLINIC

LET **NCAT** HELP YOUR SWIMMER BUILD A SOLID FOUNDATION
FOR THEIR FUTURE IN THE POOL

OUR 8 WEEK STROKE CLINIC INCLUDES:

- TECHNIQUE INSTRUCTION IN ALL 4 STROKES
- DEVELOPMENT OF RACING STARTS, TURNS AND FINISHES
- VIDEO INSTRUCTION FROM OLYMPIC AND NCAA COACHES AND SWIMMERS
- LEADERSHIP AND CHARACTER BUILDING

Practice Schedule*:

(all practices held at 1 Eagle Valley Court)

June 10 – July 31

SR (\$350):

(high school)

Monday & Wednesday 4⁰⁰-6⁰⁰pm

AG (\$300):

(experienced age group)

Monday & Wednesday 4⁰⁰-5³⁰pm

DEV (\$250):

(age group 9 & older)

Monday & Wednesday 5⁰⁰-6⁰⁰pm

DROP-INS WELCOME (\$20 cash only)

*Times subject to change

For more info, contact:

Liz Hastings, Head Site Coach
(440) 241-9203, lhast@msn.com

Molly Vorous, Asst. Coach
(216) 702-1808,
mollyvorous@gmail.com

Online enrollment process is
required for payment and
participation.

www.ncatswim.com

SWIM FAST. HAVE FUN.