

# When it is Time to Swim FAST

Join Us and Members of the UVa Swim Team  
for a one-day swim clinic  
to improve your stroke technique

The clinic will be held Friday September 18th  
from 4-7pm at Camp Friendship!!

The goal of the clinic will be to improve technique in all four  
competitive strokes as well as starts and turns.

4:00-5:00 12 & Unders

Introduction and Overview of the Clinic  
In-water demonstrations by UVA Swimmers  
Clinic Stations

5:00-6:00 Cook out and Q & A For Everyone

6:00-7:00 11 & Olders

Introduction and Overview of the Clinic  
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The fee for the Friday Swim Clinic is \$10 for FAST or BASS Swimmers  
And \$25 for non- FAST or BASS swimmers

~Checks payable to Fluvanna Aquatics Sports Team~  
Registration and full payment due by Sept 18th

The FAST Swim Clinic is open to all children ages 6-18 with prior competitive swimming  
experience and a basic understanding of all four competitive strokes.

*This will not be a learn to swim program.*

Swimmer's Name \_\_\_\_\_  
Age \_\_\_\_\_  
Address&Phone \_\_\_\_\_  
Email \_\_\_\_\_