

SWIM OMAHA STROKE SCHOOL

REGISTER @ WWW.SWIMOMAHA.ORG OR CALL LISA 402-415-7323



**WHEN: AUGUST 28TH - AUGUST 31ST &
SEPTEMBER 5TH-SEPTEMBER 7TH**

- HIGH SCHOOL ATHLETES 3:45-5:00 PM
- 8 AND UNDER ATHLETES 5:10-6:05 PM
- 9-10 YEAR OLD ATHLETES 6:15-7:15
- 11-13 YEAR OLD ATHLETES 7:30-8:30 PM

WHERE: WESTSIDE HIGH SCHOOL

COST: \$50 PER SWIMMER

WHY SHOULD YOU JOIN?

- SWIM UNDER THE GUIDANCE OF PROFESSIONAL COACHES
- SMALL COACH TO ATHLETE RATIO
- GAIN CONFIDENCE AND COMPETENCY IN THE WATER
- IMPROVE THE FOUR COMPETITIVE STROKES
- IMPROVE RACING STARTS AND TURNS
- GREAT ADDITION TO SUMMER LEAGUE SWIMMING
- GROUP PLACEMENT FOR THOSE CONSIDERING JOINING SWIM OMAHA



SCAN ME TO REGISTER

PARTICIPANTS MUST BE ABLE TO SWIM THE LENGTH OF THE POOL UNASSISTED WITHOUT STOPPING. PARTICIPANTS SHOULD NOT BE ATTACHED TO ANOTHER CLUB.