

SWIM OMAHA STROKE SCHOOL

REGISTER @ WWW.SWIMOMAHA.ORG

OR CALL LISA 402-415-7323



**WHEN: AUGUST 27TH - AUGUST 30TH &
SEPTEMBER 4TH-SEPTEMBER 7TH**

- HIGH SCHOOL ATHLETES 3:45-5:00 PM
- 8 AND UNDER ATHLETES 5:15-6:00 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

IF YOU JOIN SWIM OMAHA ALL STROKE SCHOOL FEES WILL BE CREDITED TOWARDS SEPTEMBER PAYMENT

PARTICIPANTS MUST BE ABLE TO SWIM THE LENGTH OF THE POOL UNASSISTED WITH NO STOPPING. PARTICIPANTS CAN NOT BE ATTACHED TO ANOTHER CLUB.