



SUMMER 2014 75 MINUTE STROKE CLINICS

Weekly stroke clinics

Every swimmer can benefit from a little fine tuning going into each dual meet during the summer. Come join us for an hour and refine your strokes, starts, or turns and get an edge on the competition.



Developing Champions since 1992!

(301) 526 – 6597

**6 clinics each
offering something
different**

Take one or take all 6

\$ 5 / clinic

**Extensive experience
in summer league
swimming**

**Clinics can also be
set up at local
summer pools**

June 12, 19, 26, July 3, 10, 17

A different clinic each week

FAIRLAND AQUATICS

13820 Old Gunpowder Rd
Laurel, MD 20723

WWW.FAST92.ORG
fairlandswim@comcast.net

4:15 – 5:30 PM 13 & older
5:15 – 6:30 PM 12 & under

Clinic Date	Skill for Clinic
June 12	Streamlines / Starts
June 19	Free / Back
June 26	Turns / Finishes
July 3	Fly / Breast
July 10	IM
July 17	Racing / Strategy



Cost

\$ 5 / clinic / simmer