

NEPTUNE AQUATIC FALL 2019 SWIM CLINIC

GET READY FOR SWIM SEASON



GET IN SHAPE

Fall swim clinics are a great time to get in shape for the start of the HS and MS competitive seasons. This clinic will help you feel confident with workouts at the start of your season.

STROKE REFINEMENT

Coaches will take the time to break down strokes, work on starts and turns and help swimmers develop a better understanding of their own stroke performance.

SPEED & ENDURANCE

By getting in shape and refining the strokes, swimmers will not be in a place to make the strokes and turns faster and get ready for the competitive components of the sport!

Clinic Information & Schedule

HS Clinic

*For incoming Freshman Through
Incoming 12th Graders*

5:00 pm - 6:15 pm

**Dates: October 15th, 16th, 21st,
23rd, 25th, 28th, 30th.**

November 1st, 4th and 6th.

**COSTS: \$175 Neptune Resident
\$225 Non Neptune Resident**



MS Clinic

*For incoming 6th Graders through
incoming 8th Graders*

4:00 pm - 5:15 pm

**Dates: October 15th, 16th, 21st,
23rd, 25th, 28th, 30th.**

November 1st, 4th and 6th.

**COSTS: \$125 Neptune Resident
\$175 Non Neptune Resident**