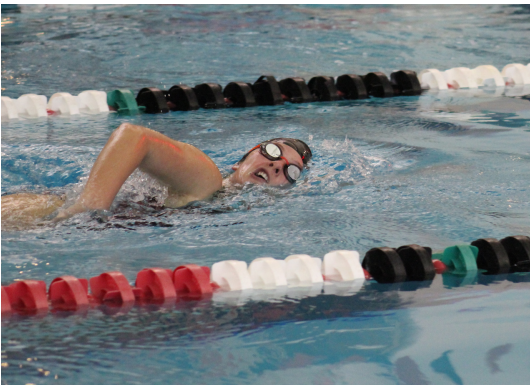




Neptune Aquatic Center Fall 2021 Swim Clinic



GET IN SHAPE

Fall swim clinics are a great time to get in shape for the start of the MS and HS 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

High School Clinic (Ages 13 - 18)

For incoming Freshman -
Incoming 12th Graders

5:00 pm - 6:00 pm

**Dates: October 13th, 14th, 18th, 20th,
21st, 15th, 27th, 28th and
November 1st and 3rd**

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

Middle School Clinic (Ages 11 - 14)

All students Entering
MS through 8th grade

4:00pm - 4:45pm

**Dates: October 13th, 14th, 18th, 20th,
21st, 15th, 27th, 28th and
November 1st and 3rd**

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

