



Swim Clinics

Coaches Kristen Hislop, Brianna Phillips, and Carol Henry

Focus is on stroke technique and efficiency in the water. Maximize your time in the pool - learn land drills, pool drills and receive video analysis of your stroke

An efficient swim makes for an enjoyable swim. Why fight the water? These clinics are a **MUST** addition to your training. Winter work will start with stroke technique, then move to structured workouts with speed.

Niskayuna HS pool
Sundays 8:00-9:30 am
10/22, 10/29, 11/5, 11/26, 12/3, 12/10

\$20 register ahead or \$25 at the clinic. All 6 for \$100 Email hislopcoaching@gmail.com w/?

<https://squareup.com/market/hislop-coaching/item/swim-clinic>