

High School Summer Swim Clinic

Helen P. Brown Natatorium

High School Stroke Work

Join the staff of the Helen P. Brown Natatorium to work on a different stroke each day. Come to one or come to all! After a quick warm-up, we will focus on stroke efficiency for the stroke of the day, along with proper turns (and starts if time). Clinic limited to 24 swimmers/day. Attendees must be enrolled in one of the HPB Natatorium's "home pool" high school teams. All participants must be able to swim 50 yards consistently.

High School Workout

Bring together everything you learned the week prior or just kick the dust off with a week of workouts. Workouts will be offered to novice, intermediate and advanced swimmers. Clinic limited to 24 swimmers/day. Attendees must be enrolled in one of the HPB Natatorium's "home pool" high school teams. All participants must be able to swim 50 yards consistently.



Questions? Call 467-2660

High School Stroke Work

Monday, July 10, 2023 11am-noon Freestyle Focus

Tuesday, July 11, 2023 11am-noon Backstroke Focus

Wednesday, July 12, 2023 11am-noon Breaststroke Focus

Thursday, July 13, 2023 11am-noon Butterfly Focus

Friday, July 14, 2023 11am-noon IM Focus

High School Workout

Monday, July 17, 2023 11am-noon

Tuesday, July 18, 2023 11am-noon

Wednesday, July 19, 2023 11am-noon

Thursday, July 20, 2023 11am-noon

Cost = \$5.00/day

Register online at www.HPBNatatorium.com, under Register Here. Drop-in's accepted as space allows. Drop-in's must have Jonas form on file or bring one on the first day.