

REGISTER TODAY!!!! Registration closes on Wednesday, June 4, 2014
Training held indoors! Audrey Moore Recreation Center



Forest Hollow 2014 Swim Clinics*

Forest Hollow is offering Gators swim clinics during 2014 designed to provide:

- Customized Gator stroke technique training
- Focused attention on stroke techniques, starts, turns and finishing skills
- Strategies to polish strokes & swim with greater ease, efficiency & power
- Greater understanding of each stroke and how it is performed.

To achieve the full result, swimmers must come willing to listen and with an attitude of improving their performance. Attending both clinics is highly recommended.

2 hours, 2 strokes, 2 coaches , 20 swimmers for small group Gator customized training

* add'l sessions may be added based on interest

Session Dates:

June 8: Free/Back/Turns/Starts/Finishes

June 22: Breast/Fly/Turns/Starts/Finishes

**Led by Gator Head Coach John Bechtoldt
and former Gator Head Coach Elvin Foreman**

Registration

- Online at www.foresthollow.com
- Class size minimum = **12/Maximum 20**

Specifics

- **\$30/Session, \$50 both**
- **Two-Four hours of training**
- **No refunds unless class is cancelled**

Times & Location for Each Clinic:

**4-6:00pm—All Ages, Lane Swimmers
INDOORS!! - Audrey Moore Recreation Center**

Open to Forest Hollow Registered Swim Team Lane Swimmers