

The Jenison HS Aquatics Center
presents the 2010 swimming technique,
turn, start, & "Get into shape" clinic.

(Clinic available for all swimmers of all ages
who are able to swim all four strokes!)

This 5-week clinic will not be training based initially, but stroke & technique based. As the clinic progresses, more training based 'sets' will be integrated as appropriate. The clinic is highly recommended for all swimmers who are not currently in season with school related athletics or activities. Being in the water and working on technique will allow full training to begin once your JAWS or JAG season begins.

All practices will be one hour in length and the first practice is on Wednesday, September 8, at 6:00 p.m. The practice dates and times are posted on www.jenisonaquatics.org, 'click' on the green calendar, and 'click' on the CATEGORY: JAWS or JAG. The athletes participating in the stroke clinic will have the option to swim in the CAST pentathlon (October 1-3, 2010) if they are USA swimming members. USA meets will be available for all JAWS and JAG 2010-2011 swimmers once their USA membership dues are paid. If you register in the fall to be a USA swimming member your membership is good through Dec. 31, 2011... **Now is the best time to become a member.**

The cost for the clinic is \$50 (residents) or \$60 (nonresidents) if you pay at the Jenison Community Ed office located in the bottom level of the administration building (corner of 20th and Bauer) prior to 3pm on the first day of practice. If you pay at the pool, the cost for the clinic is \$60 (residents) or \$70 (nonresidents). These fees do not include admin. or event fees for the pentathlon or any future USA swimming meets. This payment does not go toward the regular JAWS or JAG season fee and is nonnegotiable. Make checks payable to JPS and register at the Jenison CE office (open from 8am-4pm, Monday through Friday). Athletes will not be able to participate in the swimming and stroke clinic until his or her fee is paid in full.

GET INTO SHAPE CLINIC REGISTRATION

SEE APPROPRIATE FEES ABOVE.

NAME _____ MALE _____ FEMALE _____ AGE _____

ADDRESS _____ CITY _____ ZIP _____

HOME PHONE _____ CELL PHONE _____ SCHOOL _____

PLEASE LIMIT ONE STUDENT PER REGISTRATION FORM.

AMOUNT ENCLOSED _____

Return to: Jenison Community Education
8375 - 20th Avenue
Jenison, MI 49428

Make checks payable to: JENISON PUBLIC SCHOOLS
Questions? Call 457-6110