

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 4-week clinic will *not* be training based initially, but stroke & technique based. As the clinic progresses, more training based 'sets' will be integrated as necessary. Coaches for the clinic will be Tanner Livingston and Steve Weaver (with others as necessary). The clinic is highly recommended for all swimmers who are not currently in season with school related athletics. 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 are posted on the pool calendar. The first practice is Monday, April 12, 2010. We will have two practice groups this spring. The 10 & unders will be "Grp 1" and the 11 & overs will be "Grp 2" as posted on the pool calendar. If there is not enough participation we will notify everyone and consolidate to one group. If one group is oversized we will notify certain participants and request they switch groups (only if in their best interest). The practice dates are posted on www.jenisonaquatics.org, 'click' on the green calendar, and 'click' on the CATEGORY: JAWS or JAG.

The cost for the clinic is \$51 (residents) and \$61 (nonres) 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 \$71 (residents) and \$81 (nonres).** 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 practice until his or her fee is paid in full.

www.jenisonaquatics.org