



## Competitive Swim Clinics at MRSC

Coach Jen Lyman will be hosting a series of competitive level clinics where she will work with athletes on refining competitive strokes, turns, and starts. There will be video feedback during each clinic.

All swimmers must currently be participating in a competitive swim program, or approved by Coach Lyman in order to participate.

All clinics are held Sundays at MRSC AquaDome

Clinics for swimmers 13 years of age and older will run 10:00am-11:00am.

Clinics for swimmers 12 years of age and under will run 11:00am-12:00pm.

### October Clinics

October 29th: Starts

### November Clinics:

November 5th : Flip Turns

November 12th: Breaststroke/ Butterfly

November 26th: Freestyle/Backstroke

### December Clinics

December 3rd: Open Turns

December 17th: Starts

### January Clinics

January 7th: Flip Turns

January 21st: Breaststroke/ Butterfly

Fees are based per clinic . A minimum of 4 participants must be signed up.

There will be a maximum of 12 per clinic

\$25 Member of MADMarlins/ SLAC/ MRSC \*

\$30 Non Member

Register today to reserve your spot online at [Madisonracquet.com](http://Madisonracquet.com) or call the Aquatic Desk at (203)318-1811

## Competitive Private Lessons

Interested in private lessons with Coach Jen Lyman? Please contact her at [coachlyman@hotmail.com](mailto:coachlyman@hotmail.com)

1/2 Hour Member\* \$49 | Non-Member \$55

1 Hour Member \*\$86 | Non-Member \$94

1 Hour Semi-Private (no more than 2 swimmers) Member\* \$49 | Non-Member \$55

\*Member price is for members of MADMarlins, SLAC, or current MRSC Membership

