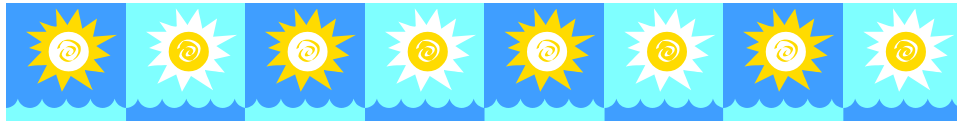




ILLINOIS VALLEY YACHT AND CANOE CLUB

SWIM TEAM

2010 SWIM SEASON OPENING SWIM CLINIC



WHEN? JUNE 1-4

WHERE? IVY CLUB POOL

WHAT TIME? 5-7:30

COST: \$25.00 +\$5.00 for an additional swimmer.

WHAT IS IT? In this clinic you will learn the four strokes used in order to swim competitively. We will also be going over relay starts, regular starts, and all turns. We will also go over nutritional needs of a swimmer.

REQUIREMENTS TO ATTEND: You must be able to swim one full length of the pool without stopping. Other than that you just have to be an eligible swimmer for the IVY Swim Team. All family member of an IVY Club member is eligible to swim for the team between the ages of 6-18

Contact Coach Steve Frye at the IVY Club to register for this clinic by email @ ivycoachfrye@gmail.com or by phone 309-682-5419 and ask Anita to sign you up!!

