

Where Champions Train

Learn to Swim Faster! Smarter!



2011 National Age Group Champions

2012 March Break Stroke Clinic

Early Bird Pricing **EXTENDED**

Camp Features:

- + Teaching body position on land, body position in the water, counting stroke cycles, Freestyle drills, Backstroke drills, Breaststroke drills, Butterfly drills, Turn drills
- + Concentrated instruction for pre- competitive and competitive swimmers ages 7 - 16.
- + Complete above and underwater video analysis of all your four strokes and turns recorded on a DVD to keep for yourself.
- + All sessions are run at the Etobicoke Olympium, site of the 2004 Canadian Olympic Trials and Canada Cup Circuit every November.

(Only 50 spots Available)

Monday March 12th – Friday March 16th, 2012

7:45 am to 10:00am

Early Bird Pricing \$125.00 - Deadline is January 22, 2012

Regular Price \$140.00

Deadline to Register is March 9th, 2012

“Share the Olympic Spirit with our Coaching Staff”

For More Information Contact:

Robert Novak or Linda Aach at 416-622-0154

Or

Visit our website at www.eswim.ca

