

# NYAC 2010 Fall Clinic

The NYAC Fall Clinic is a great opportunity for swimmers to gear up for the Winter Season by working on stroke techniques in a low intensity environment.

Any swimmer from the local area is invited to participate. Swimmers must be between 5 and 18 years of age and be able to swim 1 length of the pool on their stomachs and backs.

## When –

Week of Sept 7<sup>th</sup>: Tues, Weds, Thurs and Friday

Week of Sept 13<sup>th</sup>: Mon, Tues, Wed, and Thurs

## Time –

10 years old and younger swimmers      6:30 – 7:30 p.m.

11 years old and over swimmers          7:30 – 8:30 p.m.

## Where – Northern York High School

**Fees** – There is a \$30 charge for all swimmers. However, this fee will be deducted from the Winter Registration fees if the swimmer continues in the NYAC program.

**Registration** – Interested swimmers should come to the Clinic at the designated times. Parent Volunteers will be at the pool to assist with registration and payment.