

Learn from the Best in the Northwest!

Fine tune your strokes, your starts and your turns with Portland Aquatic Club's Head Coach Jody Braden.

Jody Braden, head Coach of Portland Aquatic Club, assisted by the PAC coaching staff, will conduct swim clinics for Portland Parks Swimmers this summer at the pools listed below.

Jody is a former United States National Team member, Pan-American Games Silver Medalist, Pac-10 Champion, and last year was inducted into the University of Washington Hall of Fame. Since arriving at PAC his swimmers have broken over 200 team records, won numerous Oregon State Swimming titles and have competed at the Northwest Section Age Group and Senior Sectional Championships and Junior Nationals. Jody is an American Swim Coaches Association level 4 Coach (only 5% of the 5,000 registered coaches in the United States hold that distinction) and is looking forward to working with you to become the best swimmer you can be.



Questions?

503-287-1460

email: dvolker@archdpdx.org

\$6 per clinic or \$25 if you sign up for all 5*

* Reduced rates will be given to swimmers who send in proof of free or reduced lunches with their application.

All Swimmers who participate in all 5 clinics will receive a Portland Aquatic Club Swim Cap!



Portland Aquatic Club

430 N. Lotus Isle Drive

Portland, Oregon 97217

Please fill out the form below and return to PAC by July 21. Space is limited to the first 40 swimmers in each session! Get your forms in early!

Name _____ Age ____ Summer Pool _____

Name of Parent or Guardian _____

Phone _____ Address _____

	STARTS & TURNS	BUTTERFLY	BACKSTROKE	BREASTSTROKE	FREESTYLE	ALL 5 CLINICS
Grant Pool 7 to 8 am	July 24	July 28	July 29	July 30	July 31	—
	July 25					
	August 1					
Creston Pool 9 to 10 am	July 26	—	—	—	—	August 2 <i>Free Cap!</i>
Dishman Pool 4 to 5 pm	August 11	August 12	August 13	August 14	August 15	—