



Rams Swim Club Spring/Summer 2023 Preseason Stroke Clinic

Monday - Friday, March 27-31

@ 5:45-7:00pm *(swimmers please arrive @5:30pm in suits)*

Swimmers join us as we prepare for the upcoming season!

Our clinics will focus on technique, training skills
& turns for each stroke.

- Monday – Freestyle
- Tuesday – Backstroke
- Wednesday – Breaststroke
- Thursday – Butterfly
- Friday – Starts, Turns, Finishes
- Registration available for all days \$110 or single day \$25 each

For more information visit our team website and reserve your spot today: www.RamsSwimmingIA.com

(Click on Lessons, Clinics & Tryouts tab)



LOCATION:

Southeast Polk High School, 7945 NE University, Pleasant Hill, The pool is on the SW side of the school.