



**B.R. Ryall YMCA Swim Team**

# DIVE IN & TRY IT OUT

## Swim Stroke Clinic (Ages 7-12)

This clinic is for new swimmers interested in testing the swim team waters and for existing swimmers looking to enhance their swimming skills, endurance, and technique in all four competitive strokes. This 5 day clinic offers in-water instruction, as well as on-deck coaching tips. Each day will emphasize one of the four strokes, and the week will conclude with starts, turns, and finishes. Participants should be familiar with all four competitive strokes. Space is limited.

August 8-12 3-5 p.m.

B.R. Ryall YMCA

\$100 members and non-members

**Dive in and be part of the winning tradition!**

Register online at [www.brryallymca.org](http://www.brryallymca.org)

TRAINING CHAMPIONS SINCE 1966



## MEET COACH DAVE

B.R. Ryall YMCA Swim Team Associate Head Coach Dave Sivak will lead this 5-day clinic. Dave is a 3-time Mid-American Conference Champion at Northern Illinois University with more than 20 years of coaching experience including two years at the collegiate level. Dave's experience, passion for swimming, genuine love of coaching, and team-first attitude provide a unique way of developing athletes to become not only better swimmers, but better people.



B.R. Ryall YMCA of Northwestern DuPage County  
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