

***Lake Ridge Lancer Swim Team Sponsored***

**Aqua Jogging for High School Athletes**

**Attend a Clinic & Try It For Free on Tuesday, June 20**

**5:30-6:30 pm**

**If you like it, purchase a punch pass right after the clinic.**

**Clinic Presenter: Colgan’s XCTF Coach Dave Davis**

**@ Lake Ridge Swim Club**

12640 Harbor Dive

Lake Ridge, VA 22192

(across the street from Patient’s First and Taco Bell at Tackett’s Mills)

**Aqua Jogging will be held every Tuesday & Thursday evening**

**5:30-6:30 pm**

**June 20 – July 27**

**$5 drop-in fee for HS Students**

**or**

**Purchase an 8-punch pass for $32**

**Questions??? Please email ks\_misencik@yahoo.com**

**cash or checks accepted**

**(please make checks payable to Lake Ridge Lancer Swim Team)**