



Summer Swim Clinics

By Popular demand, NSSC will be scheduling two versions of summer swim clinics. We will be offering individual and group clinics coached by NSSC Coaches Dave Martin and Ross Clay.

Individual Clinics:

- Who:** Any NSSC swimmer looking for 1:1 work on a specific stroke.
- What:** 50 minute 1:1 water time
- When:** Times to be set up between swimmer and Coach Dave before or after practices starting June 2, 2008.
- Where:** Hanscom AFB Pool.
- Cost:** 1 session 45.00, 2 sessions 80.00, 3 sessions 105.00, 4 sessions 125.00.
Please see Coach Dave for payment.

Group Clinics:

- Who:** Any swimmer age 6-18. This clinic will be an ideal transition to the fall swim season for all athletes. 12 and under swimmers will focus on specific and fundamental drills. 13 and over swimmers will learn and master new techniques to help them become faster! Knowledge of all four competitive strokes is required. All aspects of competitive swimming will be covered including the four strokes, race strategies, starts and turns!
- When:** Tuesday and Thursday evenings: 12 and under: 6:45-7:35 PM, 13 and over 7:40-8:30 PM.
- Dates:** July 29, 31. August 5, 7, 19, 21, 26, 28, September 2, 4, 9, 11
- Where:** Hanscom AFB Pool.
- Cost:** 25.00 per session, sign up for 3 sessions receive the 4th session free!
- Limits:** Clinic class size will be limited to five athletes per coach.

Please make all checks payable to:
North Shore Swim Club, 19 Fenley Rd. Gloucester MA 01930.