



Summer Swim Clinics

Back by Popular demand, NSSC will be scheduling two versions of summer swim clinics. We will be offering individual and group clinics coached by NSSC Coach Dave Martin

Individual Clinics:

Who: Any NSSC swimmer looking for 1:1 work on a specific stroke.

What: 30 minute 1:1 water time

When: Times to be set up between swimmer and Coach Dave before team practices starting June 24, 2010.

Where: Hanscom AFB Pool.

Cost: 1 session 30.00, for multiple sessions the cost is 25.00 (recommended)
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: Aug 10, 12, 17, 19, 31 September 2, 7, 9

Where: Hanscom AFB Pool.

Cost: 25.00 per session, sign up for 3 sessions receive the 4th session free!

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