



Adult Swim

Clinics are designed to help you improve your swim skills and to demonstrate swimming is an AMAZING sport for fun, fitness, and even competition!



Saturday, May 20th
Freestyle for Triathlons

Sighting Skills
Efficient Stroke Mechanics
Tips & Tricks



Saturday, June 24th
Laps can be Fun! Swimming 101

What to do for practice?
How to turn at wall?
Boredom be gone!



Saturday, July 15th
Fitness Swimming 101: Back to Basics

All skills Welcome!



All Clinics 4 - 5:30 PM. \$49
Coach Traci McNeil
info@crossingcurrentsaquatics.com

