Freestyle and Butterfly Swim Clinic

With Olympian Kim Vandenberg!

Sunday, April 26th 2015 from 12:30pm- 4:00pm
Hosted by: New Jersey LMSC Sanction: #075-S002

The clinic will focus mainly on freestyle, as well as some aspects of butterfly. In this clinic you will:

- ***Become more efficient in freestyle and butterfly***
- ***Learn freestyle and butterfly turn work***
- ***Breakout tips***
- ***View dryland and in-water demonstrations.***

Kim will be available for questions as well as pictures and autographs. Come join us for an experience that promises to be informative and fun!

Location: Raritan Bay Area YMCA 357 New Brunswick Ave Perth Amboy, NJ 08861

About Kim: Kim is an Olympic Bronze Medalist in the 2008 games, Pan American Games Gold Medalist in 2011, and World Championship Silver Medalist in 2007. She specializes in both freestyle and butterfly strokes, and has over twenty-two years of racing experience. After graduating UCLA, Kim has traveled around the world over the past decade, teaching swim clinics to international schools all over Asia, Europe, and within the United States. Her experiences have given her a unique perspective in the sport of swimming, and she continues to train and compete around the world.

Cost is $25 for registered NJ LMSC Members and space is limited. The clinic has been subsidized by the NJ LMSC**.** You can register by sending completed form with check made payable to ***"NJLMSC"*** to: **Julie Schoenlank 448 Mile Square Road Yonkers, NY, 10701**

For any questions about the clinic, please email Julie Schoenlank: nyswim02@yahoo.com

✂---------- Keep top portion ----------✂---------- Keep top portion ----------✂----------

Freestyle and Butterfly Clinic: Sunday, April 26th from 12:30pm-4:00pm at Raritan Bay Area YMCA

First Name:_____Last_____

Address_____City_____State_____Zip_____

☎ Phone: ( )_____Email _____

Emergency contact info: _____

Age: _____ 2015 USMS Registration # _____

Cost: ☐ $25

Send check payable to "NJLMSC" to: Julie Schoenlank 448 Mile Square Rd, Yonkers, NY 10701