



# WMY SWIM TEAM STAY-IN-SHAPE CLINICS

The WMY Swim Team coaching staff will be hosting Stay-In-Shape Clinics throughout the month of March for Swim Team and Pre-Team members only. Must have participated in the 25-26 Short Course Swim Season. These clinics will focus on:

- Stroke Technique
- Starts
- Turns
- Streamlines

**4  
WEEKS**

Week 1: Week of March 9  
Week 2: Week of March 16  
Week 3: Week of March 23  
Week 4: Week of March 30

Sign up for the swimmer's age as of 3/9/26.  
Must have an active WMY Membership to register.

## SCHEDULE

9 & Unders	Wednesdays & Fridays 4:30-5:15 pm
10/12s	Wednesdays & Fridays 5:15-6:15 pm
13 & Overs	Mondays 7:00-8:00 pm Wednesdays 6:15-7:15 pm



**\$35**  
per week  
Sign up  
weekly

