

**ARCHBISHOP WOOD
HIGH SCHOOL**

FALL SWIM

CLINIC

**SPECIALLY DESIGNED
FOR 6th, 7th and
8th GRADE SWIMMERS**

**September 6th, 2023 to October 4th, 2023
Monday, Wednesday, Friday 5:30 to 7:30 PM
At the Abington High School Pool
900 Highland Ave. Abington, PA 19001**

**SIGNUP: EMAIL SWIM@ARCHWOOD.ORG
IN PERSON: AT ARCHBISHOP
WOOD HS**

**WED Aug 16th or Aug 23rd 5:30
to 6:30 PM**

**COST: \$225.00 PER SWIMMER
CHECKS MADE PAYABLE TO
ARCHBISHOP WOOD HIGH SCHOOL**

- * Efficient Stroke Techniques
- * Start and Turn Mechanics
- * Instructional Videos
- * Stroke Drills