



# Fast Lane Stroke Clinics

With **Coach Dan Lisy**

- **\$35** per swimmer (**Includes** entry into the pool after the clinic which includes a water slide, lazy river, and great water features)
- Concentrate on improving your technique with **small group instruction & video analysis**
- Roster will be kept small with **no more than 10 students**

## **WHERE:**

**Seven Hills Recreation Center**

7777 Summitview Dr, Seven Hills, OH 44131

## **WHEN:**

**Jan 28** - Free/Back & Flip Turns

**Feb 18** - Breast/Fly & Open Turns

**March 25** - Free/Back & Flip Turns

**April 15** - Breast/Fly & Open Turns

## **TIME:**

**9:00 to 9:55 am** - 13 & over

**10:00 to 10:55 am** - 12 & under

For more info or to register go to **[fastlaneswimming.net](http://fastlaneswimming.net)**

**Contact Dan Lisy** with questions

**[Dan@s4ts4f.com](mailto:Dan@s4ts4f.com)** | 440-319-7884