



U.S. Paralympics Swimming

FREE INTRO PARA SWIM CLINIC



FREE INTRO PARA SWIM CLINIC FOR ATHLETES, COACHES & PARENTS:

Sunday May 5, 2019

Location: Merritt Clubs,
8757 Mylander Lane, Towson, MD 21286

Registration 10 a.m. | Classroom 10:30am-12:30pm
Lunch provided 12:30-1:30pm | Pool Session 1:30– 3:30 p.m.

This event is supported and sponsored by U.S. Paralympics Swimming with the help of Maryland Swimming LSC and Merritt Clubs.

- Learn about the classification process
- How to coach and adapt to specific sport class needs
- Pool demonstrations, including stroke, start and turn options
- Drills and skills in and out of the pool
- How to adapt training concepts to fit different sport class needs
- What opportunities exist within U.S. Paralympics Swimming

Register to attend this event at:

<https://www.signupgenius.com/go/60B0948ABA929A2FA7-baltimore>

For more information and resources on para-swimming, please visit:
<https://www.teamusa.org/US-Paralympics/Sports/Swimming/Camps-and-Clinics>