



U.S. Paralympics Swimming

# INTRO PARA SWIM CLINIC

## FREE INTRO PARA SWIM CLINIC

FOR ATHLETES, COACHES & PARENTS:

Sunday, September 22, 2019

9:30 a.m.—3:00 p.m.

Florida Southern College Campus

**Lakeland Florida**

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](#) or enter link in browser:

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

[Please visit the US Paralympics Swimming website for more information and resources on para-swimming.](#)