



SUBURBAN SEAHAWKS CLUB

SSC SWIM CLINIC SERIES

Sponsored by The Mutual Of Omaha



Sign up for the Mutual of Omaha swim clinic hosted by:

Suburban Seahawks Club

Every Participant:

- Learns champion performance techniques on all four strokes (in-water and dry-land group instruction)
- Understands how the body, mind and heart affect swimming
- Trains with the world's top swimmers
- Asks questions, gets an autograph and photo
- Receives a t-shirt, poster, DVDs and other souvenirs

Parents and coaches can watch!

Event Information

Sunday, December 18th, 2011

Suburban Swim Center
3615 Gradyville Rd
Newtown Square, PA 19073

All levels of swimmers 8 and up are invited to participate.

First Session: 11:30pm - 2:00pm
(8-12 years old)

Second Session: 3:00pm - 5:30pm
(13 and up)

Featuring



Gold Medalist **Brendan Hansen**



Gold Medalist **Kathleen Hersey**

Contact Diane Mastrangelo at
sscskim@yahoo.com to register.
Limited to 115 swimmers/session.

Registration Form Suburban Seahawks Swim Clinic Series

Participants must contact Diane Mastrangelo at sscskim@yahoo.com prior to registering!

Name: _____

Address: _____

City / State / ZIP: _____

Birthday: _____

Email Address: _____

Signature of Parent or Guardian: _____

Date: _____

Register Today!

Note: Space is limited to 115/Session

\$100 SSC members

\$110 non-SSC members

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