

# HAMILTON Y AQUATIC CLUB

## STROKE AND TURN CLINIC

DATES: AUGUST 10 – 20, 2010      WEEKDAYS ONLY

TIME: 8:15 – 9:15AM

LOCATION: JOHN WITHERSPOON MIDDLE SCHOOL, 217 WALNUT LANE,  
PRINCETON, 08540

COST: \$135.00

SWIMMERS ENROLLED MUST BE ABLE TO SWIM ALL FOUR COMPETITIVE STROKES

## AUGUST WORKOUT PROGRAM

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CHECKS MADE PAYABLE TO: HAC    SEND TO: SUE WELSH, 20 BIRCHWOOD CT.,  
PRINCETON JCT., NJ 08550

NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

Please fill out medical form attached and return by Aug. 6

