

U.S. Paralympics Swimming

# FREE INTRO PARA SWIM CLINIC



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

Sunday, March 24, 2019

9:30 a.m. – 3:00 p.m.

Findlay Family YMCA

300 E. Lincoln St., Findlay, OH

U.S. Paralympics Swimming appreciates the sponsoring of the facility and pool use by Findlay Family YMCA and Ohio Swimming LSC for supporting this event!

- 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

To register to attend this event, please visit:

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

For information, resources and further information on U.S. Paralympics, please visit:

<https://www.teamusa.org/US-Paralympics/Sports/Swimming/Camps-and-Clinics>