



Eisenschmidt Pool Presents:

Summer Splash Clinic-
an Introduction to Competitive Swimming

With Head Coach of SHHS swimming, Chelsie Orr,
who has 14 years experience with swimmers ages 4-18

Your swimmer will:

- *Learn all four competitive strokes: Freestyle, Backstroke, Breaststroke, and Butterfly.
- *Learn competition starts from the starting block as well as flip turns and open turns
- *Get demonstrations from St Helens High School swimmers
- *Participate in a "mock meet" and earn ribbons for their races. (this will be a fun event and family and friends can watch!)

Who can join? Any child who just finished 2nd-8th grade who has either passed level 3 swim lessons or who can pass a deep water test (swimming across the small pool with their face in)

When: Monday through Thursday from July 30-August 23rd (16 sessions) with the meet on Friday August 24th at 4:00 p.m.

2nd-4th grade 4:00-4:30 p.m.

5th-8th grade 4:30-5:00 p.m.

Where: Eisenschmidt BIG competition pool

Cost: \$96

What to bring:

- *Swimsuit that fits well (no loose straps)
- *Goggles
- *Hair pulled back off face in a tight braid or ponytail or must wear a swim cap

Call Eisenschmidt Pool to sign-up, space is limited to 30 swimmers per time slot

Eisenschmidt Pool

503.397.2283

epool@gshprd.com