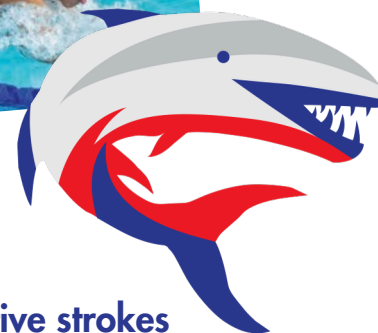


2025 Blairwood Barracudas SWIM CLINIC

FINE TUNE YOUR TECHNIQUE & GET READY TO RACE THIS SUMMER!
OPEN TO CURRENT & NEW BLAIRWOOD SWIMMERS

6-WEEK
CAMP

APR 6-MAY 18
(OFF 4/20)
SUNDAYS AT
1-2PM



How to Sign Up

Members & Guests with a
Genesis Portal Account -
scan code below to sign up
online



Guests without a
Genesis Portal Account
- scan code below to
email Coach Sophie
Graham



BLAIRWOOD
502-426-8820

PRIMARY GOALS OF CLINIC

- Review fundamentals of all 4 competitive strokes
- Teach progression of skills for effective streamlines and turn
- Teach proper swim dive
- Instill a race mentality for each competitive stroke

3 AGE GROUPS

GROUP A: 5-7 YR OLD NOVICE Concentration on Freestyle & Backstroke (swimmers must be independent in water and have knowledge of those two strokes)

GROUP B: 7-10 YR OLD EXPERIENCED

Concentration on all 4 competitive strokes with race-paced swimming

GROUP C: 11 YR OLD & OVER EXPERIENCED

Concentration on all 4 competitive strokes with race-paced swimming

COST

\$180/Member, \$210/Non-Member