

**Virginia Swimming is pleased to sponsor
The Ultimate Swim Clinic**

**Conducted by Olympian
Kaitlin Sandeno**

**This 4 hour clinic includes a motivational talk and stroke clinic,
followed by a stroke session in the pool. Participants will
receive a swim cap and Speedo Goody Bag.
Drinks will be provided.**

When: Saturday, September 24, 2005

Time: 12:00 – 4:00 PM

Where: University of Richmond, Robins Center Pool

Cost: \$40

**Space is limited, so please complete the registration form below
and mail it and your check for \$40 made payable to
Poseidon Swimming to:**

**Poseidon Swimming
ACAC/11621 Robious Road
Midlothian, VA 23113**

Ultimate Swim Clinic

Name _____ Phone # _____

Address _____

Age _____ Team _____ Email _____

Questions call 804-379-5480 or 804-334-2804