

CFYN Spring Long Course
Stroke Clinic

The CFYN Tigersharks are excited to offer a Spring Long Course Stroke Clinic for swimmers in practice levels Beginners through Age Group 3 who are new to Long Course. This program will focus on stroke technique as well as introduce swimmers to the long course format. Swimmers will also be eligible to compete in meets with the Long Course team, but meet participation at this level is not required.

When: Tuesdays & Thursdays - April 18th-May 25th
6:00-7:00 pm

Where: University of Akron

Cost:

- **\$50-** Swimmers who competed as Tigersharks in the fall of 2017
- **\$65** - Swimmers who were not Tigersharks in the fall of 2017
- **\$45 - USA Seasonal Membership:** USA Membership is required for this program. If you are not already a USA member you will be charged this additional fee.*

Swimmers who would like to continue swimming with the Long Course team for the summer session (with coach's approval) will be charged the discounted rates of \$280 (for returning Fall Tigersharks), or \$355 (for those who are new to the Tigershark team).

Registration Dates:

- Wednesday March 15th @ Akron U (concession stand classroom) 6:00-8:00pm
- Monday March 28th @ Riverfront YMCA 6:00-8:00pm

*This fee includes USA national fees, LESI local fees, and a team administrative fee.

YMCA memberships are not required for this program