## Get in Shape for Summer League with DAQ



DeKalb Aquatics (DAQ) is offering a pre-season swim clinic for summer league swimmers at the Agnes Scott College pool in Decatur. The clinic is designed for swimmers (ages 5 to 18) who can swim unassisted. It will focus on stroke development and aerobic fitness, as well as starts, turns and finishes.

## A perfect way to jump-start your summer league season!

Choose one or both of these two-week sessions:

**Session One** April 12,14,19,21

Tuesday/Thursday

9 year olds and older: 4:30-6:00 pm **\$75** 

8 year olds and younger: 4:30-5:30 pm **\$60** 

Session Two April 26,28, May 3, 5

Tuesday/Thursday

9 year olds and older: 4:30-6:00 pm \$75

8 year olds and younger: 4:30-5:30 pm **\$60** 

Session One + Session Two -- 4 weeks (8 practices)

9 year olds and older: 4:30-6:00 pm **\$130** 

8 year olds and younger: 4:30-5:30 pm **\$100** 

Contact information for DAQ Head Coach Melissa Wilborn:

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