

NOVA Spring Clinics 2024

Registration is Now Open at

<https://novaswim.org/swim-programs/clinics/>



NOVA is pleased to offer Spring Clinics in 2024 for area summer league swimmers. Experienced coaches will help swimmers improve on proper techniques for strokes, turns, and starts. The clinics are fun, great exercise, and will give swimmers a head start on the competition. Sign up and get ready for summer!

Swimmers must be able to swim 25 yards unassisted.

Location: NOVA of Virginia Aquatics- GAYTON
12207 Gayton Road
Richmond, VA 23238

Dates:

March 10th, March 17th, March 24th, April 14th,
April 21st, April 28th, May 5th, May 12th

Times:

3:15-4:15pm 9 and Under
3:45-4:45pm 10 and Older
4:15-5:15pm 9 and Under
4:45-5:45pm 10 and Older
5:15-6:15pm All ages

Price:

\$138 for the first swimmer; \$128 for siblings if online registration/payment is received by February 15th.



Questions? Please email Laurel at coachlaurel@novaswim.org