



The Verona Aquatic Club (VAC) is offering a New Year's Eve 2-hour swim clinic! Swimmers will receive 75 minutes of stroke instruction, 20 minutes of instruction in starts and 20 minutes of instruction in turns. All instructors are VAC Coaches including ex-UW Badger Mike Hruska, Assistant Coach of the Verona Aquatic Club and Head Coach of the Mount Horeb Gators Swim Team. All swimmers will receive a free stroke clinic t-shirt!

What: VAC's New Year's Eve Stroke, Start, and Turn Swim Clinic

Where: Bishop O'Connor Center, 702 S. High Point Rd., Madison

Time: 4 sessions are offered. Groups will be determined by age and ability levels.

(Please note there is a 5-minute break between stroke and starts/turns instruction - water and sport drinks will be provided to keep swimmers hydrated)

Session A:	9:00-11:00
Session B:	10:15-12:15
Session C:	11:30-1:30
Session D:	12:45-2:45

Space is limited to 12 swimmers per clinic so register early! Cost is \$40/swimmer. Please contact Mary Seidl at seidl@mhtc.net to register or for more information.