

START & DIVE CLINIC



DIVE INTO THIS SUMMER WITH MOR'S START CLINIC

BEGINNER AND INTERMEDIATE SWIMMERS CAN LEARN

- BODY AWARENESS
- PROPER DIVE TECHNIQUE FOR CLEANER FASTER STARTS
- DIVE DRILLS TO MAKE LEARNING THESE SKILLS FUN AND EASY

GET IN DEPTH INSTRUCTION ON RACING DIVES FROM TWO OF MOR'S BEST, COACHES CHRIS GLEASON AND THOMAS HAMLET

SUNDAY JUNE 23, 12PM-2 PM

CLINIC FEE

\$30 /PERSON

CHECKS PAYABLE TO MARLINS OF RALEIGH

SCAN QR CODE TO REGISTER



SAINT MARY'S HIGHSCHOOL
120 SCHOOL CHAPEL DRIVE,
RALEIGH NC 27606