




SUMMER SWIM CLINICS

Our goal is to provide you with technical instruction to help swimmers ages 8 and up to sharpen their skills and improve your swimming technique ahead of the upcoming year.

Led by our Madison location Head Coach, **Coach Victor Hui**, with support from other Cougar Aquatic Team coaches, this program is tailored to meet your needs. Have questions? Email Victor at victor@cougaraquatic.com.


 **Clinic Schedule** – We plan to follow the schedule below but want your input! When you register, you'll have the opportunity to share your goals so we can customize the clinics for you.


- **Week 1: Aug 4-7** – Long-axis focus (freestyle & backstroke)
- **Week 2: Aug 11-14** – Short-axis focus (breaststroke & butterfly)
- **Week 3: Aug 18-21** – Turns, underwater breakouts, and starts
- **Week 4: Aug 25-28** – Bringing it all together: pacing, sprints, and pre-season sets

Sign up for **one-week**, **multiple weeks**, or **all four**—we're here to help you prepare!

Details

 **\$200 per week**

 **Monday–Thursday**

 **5:30–6:45 PM** (1 hour 15 minutes per day)

 **Fairleigh Dickinson University, Madison, NJ**

 **Register today at:** www.cougaraquatic.com

1. Go to our website and click the registration link in the yellow banner at the top of the page.
2. Complete the Swim Clinic registration form to reserve your spot.
3. Within 48 hours, you'll receive an email from no-reply@commitswimming.com with a link to access your Commit Team Suite account (our team registration system).
4. Log in to view your invoice and submit payment promptly to secure your place. You are not officially registered until payment is received. (Email eric@cougaraquatic.com for billing/registration questions).