



FFYS
Swim Clinic & Breakfast
 Swimmers 12 & under
At the Farmington YMCA
Sunday, Nov. 30th, 8 am-11 am

Cost is \$15 per swimmer

Come improve your skills with the Senior/National FFYS High School swimmers for a swim clinic.

Small group specialty sessions include:

8 am-10 am

4 stroke techniques, starts, turns & team building games

10 am-11 am

Pancake breakfast & poster making

Swimmer name _____

Group _____

Email _____ **Phone** _____

Checks made out to: *Farmington Family YMCA*, submit with RSVP Coach Rich's mailbox.
 Space is limited. First come basis. RSVP by Wed, Nov. 26. Questions Maria Borri @ mariaborri@att.net.