



Multi-Stroke Swim Clinic

With Olympian Kim Vandenberg!

Sunday, April 3rd 2016 from 10:00am- 2:00pm

Hosted by: New Jersey LMSC

The clinic will focus on all four competitive strokes: Freestyle, Backstroke, Breaststroke, and Butterfly. In this clinic you will:

- **Become more efficient in your strokes**
- **Learn about nutrition for swimmers**
- **Perform stretches to use as warm ups**
- **View dryland and in-water demonstrations.**

Kim will be available for questions as well as pictures and autographs. Come join us for an experience that promises to be informative and fun!

Location: Raritan Bay Area YMCA 357 New Brunswick Ave Perth Amboy, NJ 08861

About Kim: Kim is an Olympic Bronze Medalist in the 2008 games, Pan American Games Gold Medalist in 2011, and World Championship Silver Medalist in 2007. She specializes in both freestyle and butterfly strokes, and has over twenty-two years of racing experience. After graduating UCLA, Kim has traveled around the world over the past decade, teaching swim clinics to international schools all over Asia, Europe, and within the United States. Her experiences have given her a unique perspective in the sport of swimming, and she continues to train and compete around the world.

Since this clinic has been subsidized by the NJ-LMSC, **the cost is only \$25 for registered NJ LMSC Members! Space is limited**, so please register early. You can register by sending completed form below with a check made payable to **"NJLMSC"** to: **Julie Schoenlank 448 Mile Square Road Yonkers, NY, 10701**

For any questions about the clinic, please email Julie Schoenlank: nyswim02@yahoo.com

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First Name: _____ Last _____

Address _____ City _____ State _____ Zip _____

☎ Phone: () _____ Email _____

Emergency contact info: _____

Age: _____ 2016 USMS Registration # _____

Cost: \$25

Send check payable to **"NJLMSC"** to: Julie Schoenlank 448 Mile Square Rd, Yonkers, NY 10701