

# CITY OF LAFAYETTE AQUATICS



## GOLD MEDAL CLINIC



### When:

Monday, August 11<sup>th</sup> through Friday August 15<sup>th</sup>

### Where:

Earl J. Chris Pool- Behind the Robicheaux Center off of Eraste Landry

### Clinic times and info:

We will meet for an hour and 15 minutes each day Monday through Friday from 5:00-6:15. Each day we will begin by watching an Olympic Race and then we will focus on the stroke from that race for the day. Swimmers will be broken up into groups and we will do drills and activities to learn proper stroke technique. Swimmers will be coached by COLA Coaches and we will have senior and college COLA swimmers in the water in swimmers lanes to demonstrate and direct them.

### Who can come:

Anyone age 4-18 who wants to learn more about swimming and become a better swimmer. Swimmers of all abilities are welcome!!!  
No prior swim team experience is necessary.

### Costs:

\$25 for swimmers who are joining COLA or currently on COLA

\$ 50 for swimmers just participating in the class.

\*\*Costs also include clinic t-shirt and goodie bag!

### Registration:

To register fill out the bottom portion of this form and return it with your clinic costs. Or you can register on line at [www.colaswim.org](http://www.colaswim.org).



Name: \_\_\_\_\_ Age: \_\_\_\_\_ Birthday: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Parent names: \_\_\_\_\_