



**AMATEUR SWIMMING
ASSOCIATION OF JAMAICA
STROKE CLINIC II**

**SWIMMERS BE A PART OF ASAJ STROKE CLINIC II
IMPROVE YOUR BACKSTROKE AND
BREASTSTROKE !!!!!**

**CONDUCTED BY COACH ROB EMARY OF THE BROWARD
AQUATICS SWIM CLUB – FORT LAUDERDALE**

**MONDAY, DECEMBER 29TH, 2008
AT
NATIONAL STADIUM POOL**

**9:00AM–10:30AM 8 – 10 YEAR OLDS
11:00AM–12:30PM 11 & OVER**

REGISTER EARLY!!!

LIMITED SPACE AVAILABLE–ONLY 15 SWIMMERS PER GROUP

COST US\$30.00–MUST BE PAID IN US\$ AT THE TIME OF REGISTRATION

**REGISTRATION–ASAJ OFFICE, NATIONAL STADIUM POOL
MONDAY, DECEMBER 15TH BETWEEN 3:00PM AND 4:00PM
WEDNESDAY, DECEMBER 17TH BETWEEN 12:00PM AND 1:30PM**



**MERRY CHRISTMAS AND A
HAPPY NEW YEAR**

