



**AMATEUR SWIMMING
ASSOCIATION OF JAMAICA
STROKE CLINIC 2008**

**SWIMMERS BE A PART OF ASAJ STROKE CLINIC 2008
IMPROVE YOUR BUTTERFLY AND FREESTYLE !!!!!**

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

**SUNDAY, JUNE 15TH, 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
TUESDAY, JUNE 3RD THROUGH THURSDAY JUNE 5TH BETWEEN 3:00PM AND 4:00PM
MONDAY, JUNE 9TH BETWEEN 5:00PM AND 6:00PM**

**PARENTS YOU ARE NOT FORGOTTEN!!!!
HERE IS A GREAT EDUCATIONAL SEMINAR FOR YOU
RAISING A SUCCESSFUL SWIMMER
SATURDAY, JUNE 14TH, 2008**

PRESENTERS:

**NUTRITIONIST KEISHA FOSTER–NUTRITION FOR YOUR SWIMMER
COACH ROB EMARY–HOW TO PRODUCE A SUCCESSFUL SWIMMER**

COST JA\$500.00–MUST BE PAID AT THE TIME OF REGISTRATION

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VENUE TO BE ANNOUNCED