



# THE Eau Claire Aquatic Club

# SUMMER 2017

**WHO:** Intermediate and advanced level swimmers who have a good basic knowledge of the four competitive swimming strokes and are looking to improve their technique

**WHAT:** Summer practices where swimmers will learn techniques and drills that will help them then become better at the four competitive strokes, turns and race starts.

**WHEN:** Tuesdays, Wednesdays & Thursday mornings  
6/13-7/27  
No practice 4th July week  
  
7:00 AM-8:30 AM

**WHERE:** Northstar Middle School

**COST:** \$150 (10% discount for each additional child)

## REGISTRATION/ QUESTIONS

Contact Stephanie Kuohujoki at [ecacswim@yahoo.com](mailto:ecacswim@yahoo.com) or 715-456-0483

- All swimmers must provide transportation
- Swim suit, towel and goggles required
- All dates and information are subject to change
- ECAC Executive Board and Coaches reserve the right to qualify participation based on a swimmer's current skill level.

| 2017 JUNE |     |     |     |     |     |     |
|-----------|-----|-----|-----|-----|-----|-----|
| SUN       | MON | TUE | WED | THU | FRI | SAT |
|           |     |     |     | 1   | 2   | 3   |
| 4         | 5   | 6   | 7   | 8   | 9   | 10  |
| 11        | 12  | 13  | 14  | 15  | 16  | 17  |
| 18        | 19  | 20  | 21  | 22  | 23  | 24  |
| 25        | 26  | 27  | 28  | 29  | 30  |     |

| 2017 JULY |     |     |     |     |     |     |
|-----------|-----|-----|-----|-----|-----|-----|
| SUN       | MON | TUE | WED | THU | FRI | SAT |
|           |     |     |     |     |     | 1   |
| 2         |     |     |     |     |     | 8   |
| 9         | 10  | 11  | 12  | 13  | 14  | 15  |
| 16        | 17  | 18  | 19  | 20  | 21  | 22  |
| 23        | 24  | 25  | 26  | 27  | 28  | 29  |
| 30        | 31  |     |     |     |     |     |

**ALL SWIMMERS WILL HAVE THE OPPORTUNITY TO PARTICIPATE IN THE FAIRFAX SWIM MEET JUNE 24 & 25!**

Fairfax Meet participation is optional. Participation in the meet requires working one shift at the meet or paying \$50 towards the registration/splash fees.