



EASTERN EXPRESS
RACE CLINIC
 TCNJ



STARTS, TURNS, and FINISHES

Clinics are open to all levels of swimmers, given that they have some rec, summer, competitive team experience or higher levels of SwimAmerica.

COME ONCE OR AS MANY TIMES AS YOU LIKE. PAY AS YOU GO -- \$25 PER SESSION

New Swimmers: Please fill out the attached form and return to: ExpressSwimAmerica@gmail.com or bring to the clinic with your payment.

JULY RACE CLINIC SCHEDULE

MONDAYS	WEDNESDAYS	FRIDAYS
July 1 st 6:15 pm to 7:00 pm URNS	July 3 rd 6:15 pm to 7:00 pm STARTS	July 5 th No Clinic
July 8 th 6:15 pm to 7:00 pm URNS	July 10 th 6:15 pm to 7:00 pm STARTS	July 12 th No Clinic
July 15 th 6:15 pm to 7:00 pm STARTS	July 17 th 6:15 pm to 7:00 pm URNS	July 19 th 5:15 pm to 6:00 pm STARTS 6:15 pm to 7:00 pm URNS
July 22 nd 6:15 pm to 7:00 pm STARTS	July 24 th 6:15 pm to 7:00 pm URNS	July 26 th No Clinic

EASTERN EXPRESS OPEN HOUSE

MONDAY, JULY 29TH

5:15 TO 7:00 pm

EASTERN EXPRESS SWIM TEAM

Race Clinic Registration

Swimmer's Name _____ **AGE** _____

Level of Experience (i.e. Lessons, Rec, Summer, Club) _____

Summer League Team for 2019? Which team? _____

E-Mail Address: _____

Emergency Phone Number: _____