



**Eastern Express Age Group  
July Session  
Technique / Conditioning / Race Clinics**



MONDAYS	WEDNESDAYS	FRIDAYS
<b>July 1<sup>st</sup></b> 5:15 pm to 6:15 pm Technique and Conditioning 6:15 pm to 7:00 pm Race Clinic <b>URNS</b>	<b>July 3<sup>rd</sup></b> 5:15 pm to 6:15 pm Technique and Conditioning 6:15 pm to 7:00 pm Race Clinic <b>STARTS</b>	<b>July 5<sup>th</sup></b> No Clinic
<b>July 8<sup>th</sup></b> 5:15 pm to 6:15 pm Technique and Conditioning 6:15 pm to 7:00 pm Race Clinic <b>URNS</b>	<b>July 10<sup>th</sup></b> 5:15 pm to 6:15 pm Technique and Conditioning 6:15 pm to 7:00 pm Race Clinic <b>STARTS</b>	<b>July 12<sup>th</sup></b> No Clinic
<b>July 15<sup>th</sup></b> 5:15 pm to 6:15 pm Technique and Conditioning 6:15 pm to 7:00 pm Race Clinic <b>STARTS</b>	<b>July 17<sup>th</sup></b> 5:15 pm to 6:15 pm Technique and Conditioning 6:15 pm to 7:00 pm Race Clinic <b>URNS</b>	<b>July 19<sup>th</sup></b> 5:15 pm to 6:00 pm <b>STARTS ONLY</b> 6:15 pm to 7:00 pm <b>URNS ONLY</b>
<b>July 22<sup>nd</sup></b> 5:15 pm to 6:15 pm Technique and Conditioning 6:15 pm to 7:00 pm Race Clinic <b>STARTS</b>	<b>July 24<sup>th</sup></b> 5:15 pm to 6:15 pm Technique and Conditioning 6:15 pm to 7:00 pm Race Clinic <b>URNS</b>	<b>July 26<sup>th</sup></b> No Clinic
<b>Monday</b> <b>July 29<sup>th</sup></b> 5:15 to 7:00 pm <b>FUN DAY/OPEN HOUSE</b>		

Please contact EasternExpressSwimTeam@gmail.com for introductions / questions / registration