

# Rhode Island Aquatic Club

www.riaquaticclub.com  
203-952-9106

## 2022 Spring Starts and Turns Clinic

April 10th, 2022 5-7pm

PODS SWIMMING-111 Commercial Way, East Providence RI

\$50 dollar cash or check per swimmer. Please make checks out to Rhode Island Aquatic Club

### Clinic Overview

The RIAC Starts and Turns Clinic focuses on the basic fundamentals for each start (Track start and Backstroke start) as well as turns (Open turns and Flip turns). The fundamentals and skills introduced are commonly used in the training of the Rhode Island Aquatic Club program.

We will start with 30 minutes of instruction, followed by swimming for an hour and a half with more instruction.

**OPEN TO ALL AGES, HOWEVER, EACH SWIMMER REGISTERED MUST BE ABLE TO LEGALLY SWIM ALL FOUR STROKES.**

Head Coach-Jen Dellefratte will be supervising and teaching general skills during this one day clinic. Registration will be on a first come, first serve basis.

Please email [riaquaticclub@gmail.com](mailto:riaquaticclub@gmail.com) with any questions.

Covid-19 policies and procedures will be emailed out prior to the start of the clinic.