

Competitive



Swimming Skills Clinic

for Quincy Public Schools

Middle School Students

Instructor: QHS/NQHS High School Swim Coach Bob McGillicuddy

What: FREE Competitive Swimming Skills Clinic:
learn techniques, turns, starts, and relay starts

When: Winter Vacation Week: 9:00 am to 11:00 am daily
Monday, February 16 through Friday, February 20

Where: Lincoln-Hancock Community School Pool

Who: Quincy Public Schools Middle School students;
must be able swim 25 yards freestyle and backstroke

Yes, I am interested in attending the Competitive Swimming Skills Clinic!

STUDENT NAME/GRADE _____

MIDDLE SCHOOL _____

PARENT NAME/PHONE # _____

EMERGENCY CONTACT/PHONE # _____

*****Return to QPS Middle School Office by February 10*****