



LJST 2024 Summer Clinic

Registration: Opens April 1 | Ends April 26th
Tryouts for new swimmers: April 22nd and 25th | 6pm @ L.J. Rec
Check out the LJST web page for requirements for making swim team

Clinic

LJST will be hosting a swim clinic to review the 4 strokes of competitive swimming: Freestyle (American Crawl), Backstroke, Breaststroke and Butterfly. This clinic is a good opportunity to see if your swimmer would enjoy swimming competitively, as it is a complex and physically demanding sport.

Dates

April 15th, 17th, 22nd & 24th
5 - 10 Years Old: 5:00-6:00p
11 and Older: 6:00-7:00p

Cost

\$50
4 Day Clinic

What to Bring

Swimsuit (competitive style is preferred but not required)
Swim Goggles (competitive style goggles should be worn)
Water Bottle
Good Attitude

Parents

Parents are asked to sit in the spectator bleachers and not behind the diving blocks or on the Deck (the area around the pool), as that could cause a distraction from the instruction or for the lifeguards to safely monitor the pool area.