



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GUILDERLAND SWIM CLINIC

**NCAA Champion Sarah Gibson will coach you!**

The Fitter and Faster Swim Tour is coming to Guilderland, NY with NCAA Champion and current USA National Team Member Sarah Gibson! This will be a swim clinic open to the public. You must register online at [www.fitterandfaster.com](http://www.fitterandfaster.com) and search our location to find Guilderland's clinic.

- 11 & Under: Freestyle and Backstroke Fundamentals- \$119  
Check-in: 8:30 AM - 9:00 AM  
Event 9:00 AM - 11:30 AM
- 12 & Over: Starts, Underwater Dolphin Kicking, Breakouts, and Finishes- \$139  
Check-in: 12:30 PM - 1:00 PM  
Event: 1:00 PM - 4:00 PM



**WHEN:** December 28th  
**TIME:** Session 1 - 8:30am –11:30am / Session 2 - 12:30pm-4pm  
**LOCATION:** GUILDERLAND YMCA POOL  
250 Winding Brook Drive  
Guilderland, NY 12084  
518.456.3634 ex. 1130  
**REGISTER:** [www.FITTERANDFASTER.com](http://www.FITTERANDFASTER.com) and search Guilderland YMCA to find Guilderland's Clinic