

Virginia Swimming

proudly presents



Jason Lezak

*4-time Olympian,
8-time Olympic Medalist,
World Record Holder*

This 4 hour clinic includes a motivational talk,
stroke clinic, and in-water demonstration.

Participants must be 8 & older and registered with Virginia Swimming.
Goodie bag and drinks will be provided.

When: Saturday, October 4th
Time: 10:00 AM – 2:00 PM, check-in 9:30 AM
Where: Collegiate School Aquatics Center
5050 Ridgedale Parkway, Richmond, VA
Cost: \$25

Please complete the registration form below and do one of the following:

- mail it with your check for \$25 made payable to Virginia Swimming to:
Virginia Swimming Inc.
PO Box 1059
Appomattox, VA 24522
- submit credit card payment through the *Pay Here* feature at www.virginiawimming.org and email the form to businessoffice@virginiawimming.org

OR

Space is limited to the first 120 swimmers!

Lezak Swim Clinic

Name _____ Phone # _____

Address _____

Age _____ VSI Team _____ Email _____

Questions? Call 434-352-5451 or email: businessoffice@virginiawimming.org

(Form can be completed online, saved, and attached to an email. If using a Mac, select 'Print' and then 'Save as PDF' before attaching.)