

# University Swim Club

*Stranger Together*

2 Saturdays— November 7th and December 5th  
—come to either or both

Time: 11:00am-12:30pm

University School : Rt. 91 between Shaker and Gates Mills

Contact: Amy Houston 440-543-7459,  
or Nikki Hetrick 440-537-4951



## Adaptive Swimming Clinics

[www.lakeeriewimming.com](http://www.lakeeriewimming.com)

We are looking for people of any age with any disability—physical, vision, hearing, cognitive, who are interested in becoming involved in the sport of swimming. Our coaches would like to introduce you to the sport and all the opportunities that await. While participation is a reward itself, this is only the beginning... athletes can train to achieve their personal goals at local meets, and compete with others for the opportunity to represent their clubs at national and international meets. You can participate at regular swim practices and if there is enough interest, we would like to have regular workouts specifically for adaptive swimmers as well. Please tell others and come check it out!

### Highlights

- Learn about local, regional, and national opportunities for adaptive swimmers
- Experience a coached swim practice
- Meet others who want to challenge themselves in swimming



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