



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET READY FOR THE HIGHMARK QUAD SWIM EVENT

SWIMMING SKILLS CLINICS

Eastside Y- Sundays, Feb. 8 – March 8 @ 12:30 p.m.

Glenwood Y – Saturdays, March 28 – April 25 @ 12:30 p.m.



Swimmers take your mark, for the Highmark 33rd QUAD Swim event on April 26! Whether you're trying the swim event for the first time or are an experienced swimmer, these swimming skills clinics are individually tailored for your experience level. They are led by experienced swimmers.

If you need help with starts, the fundamentals, techniques for improving time, turns, or just gaining the confidence to complete the event – these clinics are for you.

The Highmark QUAD Games is a four-season fitness event for individuals and families. Individual events held throughout the year include a 100-yard swim, 12-mile bike, 5-mile/5K run/walk and a 2.5-mile ski/showshoe for adults and shorter distances for kids in the Highmark QUAD Kids sponsored by Wegmans.

Swim Clinic Sessions Cost: \$20/series/Y members. \$35/series/non-members. Registration is required. Open to the community.

Eastside – 899-9622 Glenwood – 868-0867

www.highmarkquad.org

SWIM & LEARN SESSIONS

Saint Vincent Hospital medical professionals will present **FREE**:

Mar. 8, noon @ ESY – Sports Nutrition – Antioxidants for Athletes, Leslie Lawton, RD- Saint Vincent Corporate Medicine Dietician

Mar. 28, noon @ GLY – Injury Prevention/Shoulder Overuse, Jason Dudzic, PT MSPT OCS Cert. MDT. Physical Therapist Saint Vincent Rehab Solutions

