



The coaching staff at GCMY will be providing 6 FREE speed clinics to all summer league swimmers at the Bryan YMCA (downtown) , every Monday and Wednesday evening from June 11<sup>th</sup> -June 27<sup>th</sup>

Mondays: 7pm-8pm Starts, turns, and finishes

Wednesdays: 7pm-8pm Stroke Mechanics

The clinics will be run by our YMCA and USA Swimming certified coaching staff, led by Swim Team Director Brad Herndon (8 Y-National qualifiers in 2012) and Site Director Connor Griffin (Head Coach for North Carolina's top 10-year old in 2012, GCMY's McKenzie Campbell)

In addition, we have made the following dates available for summer teams to schedule clinics at your facility. We will come to you! The time is flexible based on your needs.

Thursdays - June 14<sup>th</sup>, June 21<sup>st</sup>, and June 28<sup>th</sup>

Saturdays - June 9<sup>th</sup> and June 30<sup>th</sup>



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

Contact Brad Herndon for scheduling and the speed clinics (limited spaces)

Call 336-478-9635 or email [gcmakos@gmail.com](mailto:gcmakos@gmail.com)

Visit us online at [www.gcmakos.com](http://www.gcmakos.com)