



GLASA PARA SWIM MEET

SUNDAY, DECEMBER 13

2:30 - 3:00pm CLINIC

3:15 - 3:45pm WARM-UPS

4 - 7pm MEET

**LAKE FOREST
HIGH SCHOOL**

1285 N McKinley Rd, Lake Forest, IL 60045

Join GLASA Swim for a fun Swim Meet!

This free, Level 2 Move United Sanctioned event will provide an opportunity for the area's more experienced para swimmers to showcase their strokes in competition. Newer para athletes will swim their events as coaches on deck critique and provide feedback on swimmers' strokes.

FIRST TIME AND BEGINNERS WELCOME!

FOR MORE INFORMATION CONTACT

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<https://bit.ly/26GLASASWIMMEET>

