

# Brush up on your strokes with our Summer Stroke Clinics!

**SWIMMERS MUST ALREADY KNOW THE STROKES SIGNED UP FOR IN ORDER TO PARTICIPATE. THIS IS NOT SWIM LESSONS.**

May 30-- Freestyle  
June 6 --Backstroke  
June 13 --Butterfly  
June 20-- Breaststroke  
June 27-- Starts, Turns and diving

**ALL SESSIONS ARE 1 HOURS**

\$115 for 5 weeks OR \$25 for a single class

**All clinics will be 30 minutes of stroke technique work and 30 minutes of work out/endurance and/or racing.**

Session(s) attending:\_\_\_\_\_

Swimmer #1 Name & Age:\_\_\_\_\_

Swimmer #2 Name & Age:\_\_\_\_\_

Summer League Affiliation (if applies):\_\_\_\_\_

Parent's Name & Contact:\_\_\_\_\_

Payment Amount & Type:\_\_\_\_\_