

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.

July 11-- Freestyle/Backstroke

July 18-- Butterfly

July 25 -- Breaststroke

August 1-- Starts, Turns and diving

ALL SESSIONS ARE 1 HOUR 3:30pm-4:30pm

\$90 for 4 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, EXCEPT 7/11 will be 30 minutes freestyle and 30 minutes backstroke.

Session(s) attending: _____

Swimmer #1 Name & Age: _____

Swimmer #2 Name & Age: _____

Summer League Affiliation (if applies): _____

Parent's Name & Contact: _____

Payment Amount & Type: _____