

# 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.**

August 8-- Freestyle/Backstroke

August 15-- Butterfly

August 22 -- Breaststroke

August 29-- 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 8/8 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: \_\_\_\_\_