

# Swim Stroke Clinic - Fall 2008

This bridge program was created to offer swimmers the opportunity to continue fine tuning the four competitive strokes, while learning the complimentary racing start and turn. Our overall goal is to reinforce correct technique while developing fitness and competitive swimmers. Participants will be taught how to design a workout, read a pace clock and encouraged to continue swimming whether for fitness or competition. This curriculum has been designed by the swim team coaches based on team training. Entrance into clinic is based on an evaluation by our head coach. The ratio of instructor to swimmer will be 1:8, participants will swim along with members of the swim team.

## Schedule:

Tuesday	4:30-5:30
Thursday	4:30-5:30

## Session Dates:

Week of September 15<sup>th</sup> - Week of December 15<sup>th</sup>

## Fees:

Member:	One clinic per week	\$300.00	2x per week	\$540.00
Non-member:	One clinic per week	\$425.00	2x per week	\$740.00

*No Class November 24<sup>th</sup>*

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## Registration Form

### Swim Stroke Clinic - Fall 2008 (No Class November 24<sup>th</sup>)

Name \_\_\_\_\_ Member No. \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Credit card # \_\_\_\_\_ exp date \_\_\_\_\_

Member  Non-Member

Please enroll me in:  Tuesday 4:30-5:30  Thursday 4:30-5:30