



# EAGLE STROKE CLINIC

The EAGLE STROKE CLINIC provides a quality program that gives children who love to swim the opportunity to sharpen their swimming skills and continue their development.

## WHEN:

### Fall Session:

Sept 18, Sept 25, Oct 2, Oct 16,  
Oct 23, Oct 30, Nov 6, Nov 13

### Winter Session:

Jan 15, Jan 22, Jan 29, Feb 5, Feb  
12, Feb 26, March 5, March 12

TIME: 11:30am - 12:15pm

## WHERE:

McDonogh School  
Rosenburg Aquatic Center  
8600 McDonogh Road, Owings  
Mills, MD 21117

## REQUIREMENTS:

- Swimmers ages 7-13 must be able to swim all 4 competitive strokes independently.
- Summer league experience is preferred
- Swimmers must be able to show the ability to breathe with proper air exchange (exhaling under water)

## COST:

- Each session (Fall/Winter)
  - All 8 classes up front = \$240
  - Pay one class at a time = \$40

## Session Breakdown:

- Week 1 - Freestyle
- Week 2 - Backstroke
- Week 3 - Fly
- Week 4 - Breaststroke
- Week 5 - Flip turns
- Week 6 - Open turns
- Week 7 - Diving
- Week 8 - IM

**\*Space is limited**

[www.eagleswimteam.com](http://www.eagleswimteam.com)