

2012 Spring Stroke Clinics - April 11 – April 30

Date	Groups	Subject	Time	Pool
Wednesday, April 11	All	5 th Stroke	7-8:30pm	DT Y
Thursday, April 12	Bronze/Silver	Freestyle Flat	4:15-5:30pm	DT Y
Thursday, April 12	Gold	Freestyle Flat	7-8:30pm	BV Y
Monday, April 16	Bronze/Silver	Freestyle Side	4:15-5:30pm	DT Y
Monday, April 16	Gold	Freestyle Side	7-8:30pm	BV Y
Wednesday, April 18	All	Starts	7-8:30pm	DT Y
Thursday, April 19	Bronze/Silver	Backstroke	4:15-5:30pm	DT Y
Thursday, April 19	Gold	Backstroke	7-8:30pm	BV Y
Monday, April 23	Bronze/Silver	Butterfly	4:15-5:30pm	DT Y
Monday, April 23	Gold	Butterfly	7-8:30pm	BY Y
Thursday, April 26	Bronze/Silver	Breaststroke	4:15-5:30pm	DT Y
Thursday, April 26	Gold	Breaststroke	7-8:30pm	BV Y
Monday, April 30	Bronze/Silver	Flip Turns	4:15-5:30pm	DT Y
Monday, April 30	Gold	Flip Turns	7-8:30pm	BV Y

All sessions are \$5.00 each. This will be charged to your escrow account in early May. Those who added stroke clinics to their team fees will not be charged.

5th Stroke – Clinic with an emphasis on the underwater kicking off of walls

Freestyle Flat & Side – Clinics that approach the freestyle from a flat body position or a side body position.

Wednesdays are for all groups.

Year round swimmers will practice at the same time as the late clinics but will go beyond 8:30pm.