



Stroke Clinic Schedule

Stroke clinics are for swimmers who want to improve their four strokes: Butterfly, Backstroke, Breaststroke, and Freestyle. This year, I will also do a few clinics on starts, turns, and finishes.

Swimmers practice and apply drills to improve their technique, making their strokes more efficient.

Each clinic is from **9.15am to 10am**.

Each clinic is \$30

Dates:

Tuesday, 05/29- starts, turns, finishes

Thursday, 05/31- Free Style

Tuesday, 06/05- starts, turns, finishes

Thursday, 06/07- Backstroke

Tuesday, 06/12- starts, turns, finishes

Thursday, 06/14- Breaststroke

Tuesday, 06/19- start, turns, finishes

Thursday, 06/21- Butterfly