

Kim Hay
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 West Linn, Or 97068

Swim For Fun
Aquatics Program
 Lake Oswego District Pool

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Technique Training Sessions

The goal is to work on specific technical aspects from the start to finish of each stroke and the rules that go with them.

Sessions:

March 27-30 1:00pm, 1:45pm, 2:30pm

Mon 27	1.	1:00pm	Freestyle	Stroke mechanics, turns and finishes
	2.	1:45pm	Dives	Racing Starts Block and Back
	3.	2:30pm	Video tape	Free Stroke and Turns
Tue 28	4.	1:00pm	Butterfly	Stroke mechanics, turns and finishes
	5.	1:45pm	Open Turns	Breast, Fly and IM exchanges
	6.	2:30pm	Video tape	Fly Stroke and Turns
Wed 29	7.	1:00pm	Backstroke	Stroke mechanics, turns and finishes
	8.	1:45pm	Flip Turns	Freestyle and Backstroke flip turns
	9.	2:30pm	Video tape	Back Stroke an Turns
Thur 30	10.	1:00pm	Breaststroke	Stroke mechanics, turns and finishes
	11.	1:45pm	Dives	Racing Starts Block and Back
	12.	2:30pm	Video tape	Breast Stroke and Turns

Cost:

1-2 Sessions \$15 ea.
 3-4 Sessions \$13 ea.
 5 or more sessions \$12 ea.

Sessions Include:

Each (45) minute session includes warm up and stroke instruction.

Requirements:

Ages 5 and up
 Novice swimmers able to swim 25 yards Freestyle and Backstroke
 Swimmers passing Level 6 of Swim For Fun Aquatics Program
 Swimmers passing Level 4 of American Red Cross Learn to Swim Program
 Swim Team- all groups

Class size:

(8) student maximum (3) student minimum*
 *Classes with less than (3) students will be canceled or charged a private or semi private swim lesson rate

Technique Training Sessions

Spring Break 2017

Name	Day	Time	Clinic	Fee
Total Fee:				

No refunds within two weeks of the first class
 50% refund if notified more than two weeks of the first class