

Kim Hay
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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 26-28 1:00pm, 1:45pm, 2:30pm

Mon 26	1.	1:00pm	Freestyle	Stroke mechanics, turns and finishes
	2.	1:45pm	Dives	Racing Starts Block and Back
	3.	2:30pm	Flip Turns	Freestyle and Backstroke flip turns
Tue 27	4.	1:00pm	Butterfly	Stroke mechanics, turns and finishes
	5.	1:45pm	Open Turns	Breast, Fly and IM exchanges
	6.	2:30pm	Breaststroke	Stroke mechanics, turns and finishes
Wed 28	7.	1:00pm	Backstroke	Stroke mechanics, turns and finishes
	8.	1:45pm	Flip Turns	Freestyle and Backstroke flip turns
	9.	2:30pm	Dives	Racing Starts Block and Back

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 2018

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