

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 25, 26, 27** (12:15 Mon and Tue only), 1:00, 1:45, (2:30 Wed only)

Mon 25	1.	12:15pm	Breaststroke	Stroke mechanics, turns and finishes
	2.	1:00pm	Dives	Racing Starts Block and Back
	3.	1:45pm	Open Turns	Breast, Fly and IM exchanges
Tue 26	4.	12:15pm	Butterfly	Stroke mechanics, turns and finishes
	5.	1:00pm	Flip Turns	Freestyle and Backstroke flip turns
	6.	1:45pm	Freestyle	Stroke mechanics, turns and finishes
Wed 27	7.	1:00pm	Backstroke	Stroke mechanics, turns and finishes
	8.	1:45pm	Breaststroke	Stroke mechanics, turns and finishes
	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 2019

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