

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:

Dec 20, 21, 22 1:30, 2:30

Dec 27, 28, 29 *Other Sessions possible upon pool availability and demand

Mon 20	1.	1:00	Freestyle	Stroke mechanics, turns and finishes
	2.	2:00	Flip turns	Free & Back
Tue 21	3.	1:00	Backstroke	Stroke mechanics, turns and finishes
	4.	2:00	Dives	Relay Exchanges
Wed 22	5.	1:00	Open Turns	Breast, Fly, IM
	6.	2:00	Butterfly	Stroke mechanics, turns and finishes
Mon 27	7.	1:00	Breaststroke	Stroke mechanics, turns and finishes
	8.	2:00	Dives	Racing Starts block and Back
Tue 28	9.	1:00	Backstroke	Stroke mechanics, turns and finishes
	10.	2:00	Flip turns	Free & Back
Wed 29	11.	1:00	Butterfly	Stroke mechanics, turns and finishes
	12.	2:00	Dives	Relay Exchanges

Cost:

1-4 Sessions \$20 ea.
5-8 Sessions \$17 ea.
9-12 Sessions \$15 ea.

Sessions include:

Each (1) hour session includes warm up, stroke instruction, video taping and video review.

Requirements:

Ages 5 and up
Novice swimmers able to swim 25 yards freestyle and backstroke
Swimmers passing Level 5 of the 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

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