

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 21-23

1:00pm, 2:00pm *

*Other Sessions possible upon pool availability and demand

Mon. 21	1.	1:00	Flip turns	Free & Back
	2.	2:00	Dives	From the side, starting block and backstroke in water starts
Tue. 22	3.	1:00	Breaststroke	Stroke mechanics, turns and finishes
	4.	2:00	Open Turns	Breast, Fly, IM
Wed. 23	5.	1:00	Butterfly	Stroke mechanics, turns and finishes
	6.	2:00	Backstroke	Stroke mechanics, turns and finishes
Thur. 24		1:00	Dives	by demand only
		2:00	Freestyle	by demand only

Cost:

1-2 Sessions	\$20 ea.
3-4 Sessions	\$17 ea
5-6 Sessions	\$15 ea.

Sessions include:

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

Requirements:

- Ages 6 and up
- Novice swimmers able to swim 25 yards freestyle and backstroke
- Swimmers passing Level 6 of the Swim For Fun Aquatics Program
- Swimmers passing Level 5 of American Red Cross Learn to Swim Program

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

Private Lessons:

Private Lessons:	\$32 per 1/2 hr.
Semi-Private:	\$22.00 per 1/2 hr. per child

Offered to anyone regardless of age or ability during Lesson or Open Swim times
Available by appointment only

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