

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 19, 20, 21 1:00pm, 1:45pm

Dec 26, 27, 28 *Other Sessions possible upon pool availability and demand

Mon 19	1.	1:00pm	Relay	Relay Exchanges
	2.	1:45pm	Butterfly	Stroke mechanics, turns and finishes
Tue 20	3.	1:00pm	Freestyle	Stroke mechanics, turns and finishes
	4.	1:45pm	Dives	Racing Starts block and Back
Wed 21	5.	1:00pm	Breaststroke	Stroke mechanics, turns and finishes
	6.	1:45pm	Open Turns	Breast, Fly and IM exchanges
Mon 26	7.	1:00pm	Dives	Racing Starts block and Back
	8.	1:45pm	Backstroke	Stroke mechanics, turns and finishes
Tue 27	9.	1:00pm	Flip Turns	Free & Back
	10.	1:45pm	Freestyle	Stroke mechanics, turns and finishes
Wed 28	11.	1:00pm	Breaststroke	Stroke mechanics, turns and finishes
	12.	1:45pm	Butterfly	Stroke mechanics, turns and finishes

Cost:

1-2 Sessions \$15 ea.
3-4 Sessions \$13 ea.
5-6 Sessions \$12 ea.

Sessions include:

Each 45 min. 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 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