

Kim Hay
 2145 Ostman Rd.
 West Linn, Or 97068

Swim For Fun
Aquatics Program
 Lake Oswego District Pool

swimforfun.com
 cascadiaswimming.com
 swimforfun2002@yahoo.com
 503-655-7939 hm

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, 22, 23, 24 1:30, 2:15 (Thur 1:30 only)

Mon 21	1.	1:30pm	Breaststroke	Stroke mechanics, turns and finishes
	2.	2:15pm	Dives	Racing Starts Block and Back
Tue 22	3.	1:30pm	Open Turns	Breast, Fly and IM exchanges
	4.	2:15pm	Butterfly	Stroke mechanics, turns and finishes
Wed 23	5.	1:30pm	Flip Turns	Freestyle and Backstroke flip turns
	6.	2:15pm	Freestyle	Stroke mechanics, turns and finishes
Thur 24	7.	1:30pm	Backstroke	Stroke mechanics, turns and finishes

Cost:

1-2 Sessions \$20 ea.
 3-4 Sessions \$17 ea.
 5 or more sessions \$15 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 2022

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