

Aqua Pups – 2009 Summer Swim League Stroke Clinics

Additional stroke technique clinics will be offered through out the summer for swimmers who are interested in improving their strokes even more. These will be held on four separate Fridays after practice. They will be divided by age group and limited to 15 swimmers per session, in order to provide the best possible attention by the coaches. These clinics are being provided at an additional cost of \$5 per swimmer, per session. Please fill out the following form, complete with which session(s) your swimmer would like to attend. Please fill out one sheet for each swimmer. Checks should be made payable to Bonnie Sue Russell. Unless she receives at least a week's notice, no refunds will be given for stroke clinics which are signed up for, but not attended.

Name _____

Age _____

Date	Stroke	10:00-11:00 (10 and under)	11:00-12:00 (11 and over)	Total Cost
June 5	Breaststroke			
June 12	Butterfly			
June 19	Free/Back			
June 26	Starts/Turns			
July 10	Review all			