

SANTA CLARA SWIM CLUB SATURDAY STROKE SCHOOL

Santa Clara Swim Club (SCSC) in an effort to continue to offer the best programming to our members and the swim community at large offers the following Saturday Stroke Schools open to all members' ages 9-12 beginning Saturday, March 13, 2010. The goal of this program is to help swimmers learn the proper stroked technique for more efficient swimming. All lessons will be given by our experienced and certified SCSC Coaching Staff with demonstrations offered by members of the SCSC National Group and supervised by the Head Coach.

The Saturday Stroke School offers the following:

- Quality Instruction of all competitive strokes
- Individual Attention
- Improved Technique
- Improved Conditioning and Understanding of Swimming
- Dive and Turn work will be included

No evaluation is required for the Saturday Stroke School; however swimmers must be able to complete 25 yards of freestyle, backstroke, and knowledge of breaststroke kick to be eligible for the class.

Sessions:

- I. March 13th – April 17th
- II. April 24th- June 5th

Time: 11:00 to Noon

Cost Per Session: \$90.00 for one-hour lessons, given in group setting
*School is limited to the first 15 swimmers

Lesson Plan:

Day 1—Freestyle, Day 2—Backstroke, Day 3—Breaststroke, Day 4--Butterfly, Day 5—Review and Dives and Turns, Day 6—Review and Dives and Turns

Make Up Policy: Should SCSC cancel a class, we will schedule a make up date depending on pool and staff availability. If you miss for outside circumstances a make up will not be available.

Refund Policy: If a participant drops out prior to start date of the session a full refund will be given minus \$25. If a participant drops out for medical reasons then a full refund will be given only if the session has not begun. No refund will be given once a class has completed its 2nd session, unless for medical reasons and then a percentage could be refunded.

Contact either Kim or Stella in the SCSC Team Office to sign-up. Sign-ups are on a first come basis.