

Kim Hay
2145 Ostman Rd.
West Linn, Or 97068

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.

Staff: Kim Hay and Jill Schuldt

Sessions:

Dec 21, 22, 23

1:00, 2:00

Dec 28, 29, 30

*Other Sessions possible upon pool availability and demand

Mon 21	1.	1:00	Freestyle	Stroke mechanics, turns and finishes
	2.	2:00	Flip turns	Free & Back
Tue 22	3.	1:00	Backstroke	Stroke mechanics, turns and finishes
	4.	2:00	Dives	Relay Exchanges
Wed 23	5.	1:00	Open Turns	Breast, Fly, IM
	6.	2:00	Butterfly	Stroke mechanics, turns and finishes
Mon 28	7.	1:00	Breaststroke	Stroke mechanics, turns and finishes
	8.	2:00	Dives	Racing Starts block and Back
Tue 29	9.	1:00	Backstroke	Stroke mechanics, turns and finishes
	10.	2:00	Flip turns	Free & Back
Wed 30	11.	1:00	Butterfly	Stroke mechanics, turns and finishes
	12.	2:00	Dives	Relay Exchanges

Cost:

1-4 Sessions	\$20 ea.
5-8 Sessions	\$17 ea
9-12 Sessions	\$15 ea.

Sessions include:

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

Requirements:

- Ages 5 and up
- Novice swimmers able to swim 25 yards freestyle and backstroke
- Swimmers passing Level 5 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:

(10) 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