

SCENIC CITY AQUATIC CLUB

PRE-SEASON SUMMER LEAGUE STROKE CLINIC

DATES: SESSION I - APRIL 7 – MAY 1
SESSION II – MAY 5 - MAY 30

TIMES: 5:00 - 6:00 P.M.

DAYS: MONDAY, TUESDAY & THURSDAY

COST: \$65.00 A MONTH PER PERSON

REGISTRATION: ALL SWIMMERS MUST PREREGISTER FOR THE CLINIC

FACILITY: THE McCALLIE SCHOOL SPORTS AND ACTIVITIES CENTER

COACH: **STAN CORCORAN** - AQUATICS DIRECTOR AND
HEAD COACH AT THE McCALLIE SCHOOL
ALICE REVENIG – SCENIC CITY AQUATIC CLUB INSTRUCTOR
EMILY PEIGEN – SCENIC CITY AQUATIC CLUB INSTRUCTOR

AGES: 7 YEARS TO 15 YEARS OF AGE

ABILITY: SWIMMERS SHOULD BE ABLE TO SWIM 50 YARDS OF FREESTYLE WITHOUT STOPPING. THIS IS NOT A LEARN TO SWIM PROGRAM!
Swimmers will be doing many 25 and 50 yard swims working on stroke technique. Swim lessons are available at the same time.

FORMAT: DAY 1 - FREESTYLE AND BACKSTROKE STROKE DRILLS
DAY 2 - BREASTSTROKE AND BUTTERFLY STROKE DRILLS
DAY 3 - STARTS AND TURNS ALL STROKES

We will mix up the days each week so that if someone cannot attend on Tuesday they will not miss the same strokes all session.

FUN MEET: THE LAST CLASS OF EACH SESSION WILL HAVE A FUN SWIM MEET. THIS WILL GIVE SWIMMERS A CHANCE TO SET GOAL TIMES FOR THE SUMMER AND GIVE PARENTS A CHANCE TO WATCH THEIR KIDS.

FOR MORE INFORMATION OR TO PREREGISTER CALL 493-5536 OR
LOOK ON OUR WEB SITE SWIMSCAC.COM