

ETOWN STROKE CLINIC 2026



STROKE CLINIC LINK TO REGISTER:

<https://bit.ly/etownswimclinic2026> (case sensitive)

PREREQUISITES: MUST BE ABLE TO SWIM INDEPENDENTLY FRONT CRAWL FOR 25 YARDS (ONE POOL LENGTH WITH FACE IN) AND BACKSTROKE FOR 25 YARDS. AGES 7-18 (SWIMMERS UNDER THE AGE OF 7 WILL BE CONSIDERED BY EMAILING COACH JESS LANE. PLEASE INCLUDE CLUB COACH INFORMATION WITH INQUIRY FOR AGES 7 AND UNDER.

DESCRIPTION: DIRECTED BY HEAD COACH JESS AND ASSISTED BY MEMBERS OF THE ELIZABETHTOWN COLLEGE SWIM TEAM: FUNDAMENTALS OF EACH STROKE WILL BE TAUGHT THROUGH DRILL SEQUENCES. ADDITIONALLY, SWIMMERS WILL WORK ON STARTS, TURNS, RACE STRATEGY, AND SHORT DRILL-FOCUSED SETS BASED ON ABILITY LEVEL. FOR SWIMMERS READY FOR MORE ENDURANCE THAT WILL ALSO BE OFFERED THROUGH SHORT SETS. OUR FIRST DAY WE WILL EVALUATE SWIMMERS FOR APPROPRIATE GROUPINGS FOR THE REMAINING CLASSES. GREAT FOR COMPETITIVE SWIMMERS LOOKING TO IMPROVE THEIR STROKE SKILLS IN THE OFF-SEASON. SWIMMERS WILL BE IN SMALL GROUPS AS WELL AS DAYS OF ONE-TO-ONE INSTRUCTION.

DATES/TIMES

MONDAY, TUESDAY, THURSDAY FROM 4:10-4:55 PM
3/23, 3/24, 3/26, 3/30, 3/31, 4/2, 4/6, 4/7, 4/9, 4/13, 4/14, 4/16
(12 CLASSES)

COST: \$110.00 PER PARTICIPANT; DUE BY FIRST DAY OF SESSION.

PAYMENT FOR THIS YEAR WILL BE COLLECTED ONLINE AND LINK WILL BE SENT AFTER REGISTRATION IS COMPLETE.

YOU SLOT IS NOT CONFIRMED UNTIL PAYMENT IS RECEIVED.

QUESTIONS? CONTACT JESS LANE, HEAD COACH, AT
LANEJESSICA@ETOWN.EDU