

2017 Stroke and Turn Clinic

City of Huntsville Aquatic Center

The Stroke and Turn Clinic is designed to provide beginning and intermediate swimmers an introduction to the skills and conditioning necessary to become a competitive swimmer. Emphasis is placed on swimming stroke techniques and physical conditioning in order to make the transition to the competitive season easy!

Clinic begins March 21, 2017

Huntsville Lakers Swim Season begins May 1

Class Dates: Tuesdays and Thursdays March 21, 23, 28, 30, April 4, 6, 11, 13, 18, 20, 25, 27

(There will be no make-up sessions for any reason)

<u>Time</u>	<u>Ability Group</u>	<u>General Age Range</u>
5:00-5:30 PM	Beginners	5-8 years old
5:30-6:15 PM	Intermediate	9-11 years old
6:15-7:00 PM	Advanced	> 11 years old

(Coaches reserve the right to move the swimmer into a different group depending on ability)

Pre-register: Mail to Coach Matt Wagner, PO Box 7345, Huntsville, TX 77342, email to irondad7@hotmail.com or register in person at pool first day of Clinic!

Cost: \$79.00 total – *(Please make checks payable to Stroke and Turn Clinic) - Credit cards accepted*

Sibling discount: \$10.00 off second and each subsequent sibling participant

Call Coach Matt at 936-661-3733 or email at irondad7@hotmail.com

FAQ's

What if I sign my child up and they are not quite ready for swimming? We will discuss what is best for you and your swimmer and you will receive a prorated refund of unused sessions if they do not continue

What if it rains or is cold? The pool is heated to about 80 degrees regardless of the weather. We do not cancel sessions for rain, but we will cancel for thunder and lightning.

Do I have to join Lakers or Nadadores if my child does the Clinic? No – we want you and your swimmer to be comfortable with the water and we will discuss their future in swimming if you desire!

REGISTRATION FORM - 2017 STROKE AND TURN CLINIC

Childs Name _____ Age _____

Parent Name _____

Address _____

City _____ State _____ Zip _____

Phone(s) _____

Email _____

Swimming Experience _____

Anything medically or otherwise we should know about?

I hereby release and hold harmless MSSJ Properties L.P., the City of Huntsville, Matthew Wagner, and all agents, operators, employees and consultants of the aforementioned entities from any and all claims from injury or damage that may be sustained by me, my child, or my property resulting from the use of the premises or equipment or from participating in the swimming instruction/clinic of for which I or my child have subscribed.

Child's Name _____

Parent Signature _____ Date _____

Stroke and Turn Clinic

PO Box 7345

Huntsville, TX 77342-7345