



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET READY FOR SUMMER

Stroke Clinic

DON M. & MARGARET HILLIKER YMCA

Looking to enhance your child's strokes and condition for swim team? **Stroke Clinic** helps prepares swimmers for the season, focusing on increasing speed and stroke skills under the guidance of **Hilliker Heat Swim Team** coaches.

Stroke Clinic is a wonderful chance to for those who are new to the **Hilliker Heat** to getting to know your coaches. For returning swimmers it's a great way to get a jump on the season by reintroduce your body to the water. We will be focusing on one stroke each day. Tuesday-Backstroke, Wednesday-Breaststroke, / Butterfly and Thursday-Freestyle.

WHEN: May 21st-23rd
Tuesday- Thursday

TIME: 5pm - 6pm Beginner Swimmers
6pm - 7pm Advanced Swimmers

PRICE

Member: \$15

Youth: \$20

Non-member: \$25





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STROKE CLINIC REGISTRATION FORM

Please fill out separate forms for each swimmer.

Participant Name: _____

Date of Birth _____ Age _____

Address _____

City _____ State _____ Zip Code _____

Phone Number: _____

Alternate Phone: _____

In consideration for being allowed to participate in the DON M. & MARGARET HILLIKER YMCA Stroke Clinic, I agree to assume risk of such exercise, and further agree to hold harmless the YMCA and its staff members conducting the exercise program from any and all claims, suits, losses, or related causes of action for damages, including but not limited to, such claims that may result in my injury or death, accidental or otherwise, during or arising in any way, from the exercise program. I grant permission for my child's picture to be taken that may be used later in promotion/advertising of DON M. & MARGARET HILLIKER YMCA programs.

Parent/Guardian Name: _____

Email: _____

