

2010 Stroke Clinic



What: This clinic targets those participants from ages 7-18 looking for swim team type coaching, increased stroke development, and endurance building. **You must already know how to swim and be able to complete two lengths doing front crawl at a steady pace without stopping.**

Ages	Monday/Wednesday	Tuesday/Thursday
7-13	7:00-7:45pm	7:00-7:45p
14-18	7:00-7:45pm	8:00-8:45pm

The maximum is 5 participants per 45 minute session

Session	Dates of Class	Member Registration	Non-member Registration
Session 1	M/W: 2/1/10 – 2/24/09 T/Th: 2/2/10 – 2/25/10	January 9 th	January 13 th
Session 2	M/W: 3/8/10 – 3/31/10 T/Th: 3/9/10 – 4/1/10	January 9 th	January 13 th
Session 3	M/W: 4/12/10 – 5/5/10 T/Th: 4/12/10 – 5/6/10	January 9 th	January 13 th

Member Rates	Non-member Rates
\$60.00	\$80.00

If you have any questions, please contact Marie Thomas at 803-548-8020 ext: 228