



STROKE & TURN CLINIC

Strokes will be broken down into fundamental parts. We will start with Freestyle then continue through Back, Breast, and Butterfly Strokes. Turns and finishes will be covered for all age groups. Start mechanics will be taught using pool wall and deck (no dive blocks).

The clinic is not intended as a “work out” but as a technique clinic. Space will be limited.

All participants are required to have a kickboard and swim fins daily. No equipment will be provided.

Pre-Requisites:

- Must have participated on a competitive swim team.
- Participants must be able to swim 4 laps continuously.
- Age as of day one of clinic will be used to place swimmers.

LOCATION: Discovery Bay Community Center
INSTRUCTOR: Community Center Staff, Coach Cindi Coats
No Class: September 4

Class #	Age	Date	Time	Days	Fee
10501	5-10 years	8/21-10/25	4:00-4:30 PM	M & W	\$ 156.75
10502	5-10 years	8/22-10/26	4:00-4:30 PM	T & TH	\$ 165.00
10503	5-10 years	8/21-10/25	4:30-5:00 PM	M & W	\$156.75
10504	5-10 years	8/22-10/26	4:30-5:00 PM	T & TH	\$ 165.00
10505	5-10 years	8/21-10/25	5:00-5:30 PM	M & W	\$ 156.75
10506	5-10 years	8/22-10/26	5:00-5:30 PM	T & TH	\$ 165.00
10507	11-14 years	8/21-10/25	5:30-6:00pm	M & W	\$156.75
10508	11-14 years	8/22-10/26	5:30-6:00pm	T & TH	\$165.00
10509	11-14 years	8/21-10/25	6:00-6:30pm	M & W	\$156.75
10510	11-14 years	8/22-10/26	6:00-6:30pm	T & TH	\$ 165.00



Click on the class number to register or call (925) 392-4575.