

# Swim Clinics

Information Packet

Summer 2020

Stroke

Turns and Dives

Conditioning

Individual Medley



# Overview

Swim clinics provide an opportunity to improve skill and technique. Addressing and perfecting the fundamentals - stroke, turns, dives, and individual medley (IM) - participants can expect to improve their performance and and speed.

These classes have limited participants and are designed to help your child succeed. We are offering drills for all levels of swimmers so everyone can come and learn something from the week's material.

Clinics are offered Monday-Friday for one hour time slots. We offer clinics from 1:00-2:00 pm, 2:00-3:00 pm, 3:00-4:00 pm.

These clinics are \$25.00 dollars a week for members and \$30.00 a week for nonmembers.



Included in this packet, you will find more information about this program in addition to the outline of all clinics so you can find one (or many) that meet the needs of your swimmer!

# Check in Policy

All participants must have a routine health screening. Parents please remain in your vehicles and pull up through the turnaround at the front of the building.

All participants' temperature will be checked and they will be asked to fill out a quick form.

Participants will then be allowed inside. Parents please park your cars in the parking spots alongside the fence.

If parents would like to come inside through the side gate you are more than welcome to do so. Please bring your own seating. Parents are also to keep a social distance of 6 or more feet at all times.



# Check out Policy

Participants will be released to a parent or guardian by a YMCA staff member through the side gate. All participants must be picked up before the top of the hour. We will not allow participants to leave unless we see a guardian or unless other arrangements are made.

# Registration

To register your child, please call the front desk at 503-873-6456. All parents/guardians of participants must sign a new waiver. This will be done electronically.

## Cost

Clinics are offered for \$25 dollars a week for members and \$30 a week for nonmembers.

Payment covers one full week of clinics only and will not be transferred for additional weeks.

## Additional Questions

For additional questions please contact Megan Colgan ([Mcolgan@theyonline.org](mailto:Mcolgan@theyonline.org)) or call the front desk (503-873-6456).



# Conditioning

Distance. This week is all about endurance.

Every day is split up to discuss all the aspects of distance including sprints, long distance competitions, keeping our technique even though we are tired and the importance of swimming distance.

We hope to see you there!

Conditioning is offered the following weeks:

July 13-17 (Week 1)

August 10-14 (Week 5)

Please call 503-873-6456 to sign up today!



# Turns and Dives

We have noticed overall that many swimmers struggle and dread turns and dives. This week is designed to conquer your fears. Drills will be offered for all skill levels (beginners welcome).

We will break down all turns as well as all diving basics during this week. So if you are a beginner or an advanced swimmer that struggles with turns or dives this week is perfect for you!

Please contact us if you have any further questions!

Turns and Dives are offered the following weeks:

July 20-24 (Week 2)

August 17-21 (Week 6)

Please call 503-873-6456 to sign up today!



# Stroke

In stroke week we focus on all the individual aspects of each stroke. Often making the smallest change can positively affect a swimmer's stroke.

During this clinic we focus on breaking apart each stroke into smaller pieces and practicing them individually. By doing this we can critique all aspects of the swimmers stroke that otherwise might have gone unnoticed.

It is important to us that all swimmers leave this week with a strong understanding of stroke technique. As well as increased confidence in their swimming ability.

Stroke is offered the following weeks:

July 27- 31 (Week 3)

August 3-7 (Week 4)

Please call 503-873-6456 to sign up today!



# Individual Medley

IM takes the individual aspects of each stroke and works on putting them together. Unlike stroke week, IM works on the racing aspect of each stroke and includes turns.

This week is designed for those that are comfortable with the basics of each stroke and are ready to improve the small aspects to improve their racing experience.

IM will be offered the following weeks:

August 24-28 (Week 7)

August 31-September 4 (Week 8)

Please call 503-873-6456 to sign up today!





# We are looking forward to an amazing Summer!

For additional questions please contact the  
Front Desk (503-873-6456)

Or Megan Colgan (mcolgan@theyonline.org)

