



## Stroke

Monday: Backstroke  
Tuesday: Breaststroke  
Wednesday: Fly  
Thursday: Free  
Friday: Relay

## Turns & Dives

Monday: Turn Basics  
Tuesday: Dive Basics  
Wednesday: Start Basics  
Thursday: Finish Basics  
Friday: Recap

## Conditioning

Monday: Ease into distance  
Tuesday: 200's  
Wednesday: Sprints  
Thursday: Technique  
Friday: Recap

## Individual Medley

Monday: Fly  
Tuesday: Backstroke  
Wednesday: Breaststroke  
Thursday: Free  
Friday: Relay

# Swim Clinics

Swim Clinics allow your child to receive personalized coaching on an area of their choice.

Members \$25.00, Non-Members \$30.00

Call the Front Desk (503-873-6456) to reserve your spot today!

### Conditioning:

July 13-17 (Week 1)

August 10-14 (Week 5)

### Turns and Dives:

July 20-24 (Week 2)

August 17-21 (Week 6)

### Stroke:

July 27-31 (Week 3)

August 3-7 (Week 4)

### Individual Medley:

August 24-28 (Week 7)

August 31- September 4

(Week 8)

### Three Time Slots Available!

1:00-2:00 PM

2:00-3:00 PM

3:00- 4:00 PM

