



STROKE DEVELOPMENT

Dates: January 7 – January 30

Days: Tuesday & Thursday

Cost: \$40.00

Time: 6:00pm – 6:45pm / Ages 6 – 11 years
6:45pm – 7:45pm / Ages 12 – 16 years

Registration Dates: November 11 – January 3, 2020

This instructional program is designed for the swimmer who wants to be prepared for a swim team, or who is currently on a swim team.

Every week students are instructed on a different stroke. Class divides the drill training into three sections. Students wrap up each session learning and practicing starts, turns, and finishes, along with brushing up on major strokes.

Pre-Requisite: Must be able to swim freestyle & backstroke at least two lengths.

Fort Monroe Community Center

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