



## RESTON AREA STROKE CLINICS SUMMER 2010

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The emphasis of these clinics is on stroke refinement and stroke technique. Prerequisite for each clinic: Swimmers must be legal in the stroke that is being offered for the clinic session they are registering for. In other words, if you would like to sign up for a breaststroke clinic, you need to be legal in breaststroke.

**Who:** Anyone who is able to swim a **legal** stroke:

- Ages 6-9 will participate in the clinics from 3:00-4:00 PM
- ages 9-12 will participate in the clinics from 4:00-5:00 PM

You can sign up for as many clinics as you like as long as you are able to swim a legal stroke; butterfly, breast, back and free.

**What:** 5 weeks of instructions on all four competitive strokes and turns.

**When:** Starting Tuesday, June 29<sup>th</sup>;

We will offer clinics every Tuesday from 3:00 – 5:00 PM for five weeks.

**Where:** Hunters Woods Pool

**Why:** To refine competitive swimming and stroke techniques and to get you a head start into the fall season.

Stroke analysis and instructions will be provided by the FISH swim team's professional coaching staff.

**Cost:** \$10 per clinic; if you register for both clinic during the week, the cost would be \$20. Space is limited and pre-registration starts now. If you have any questions regarding these clinics, please contact Team Manager, Monika Paris at [mparis@pvfish.org](mailto:mparis@pvfish.org) or at 703.870-8664.

Please complete the attached registration form and send it to the address indicated on the form. Make checks payable to the FISH. It is important to pre-register for the clinics so that we can accommodate your request on a first come first served basis.

**Please be sure to arrive 15 minutes before the stroke clinic starts!!**



### Reston Stroke Clinic Registration Form

Please complete this form portions and send it to:

Monika A. Paris,  
 Team Manager, the FISH,  
 1649 Kurpiers Ct., McLean, VA 22101

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Legal in which strokes: \_\_\_\_\_

Parents contact ph #: (\_\_\_\_\_) \_\_\_\_\_ E-Mail: \_\_\_\_\_

	Clinics Offered	6 - 9 yrs old 3:00 - 4:00 p.m.	10 & Over 4:00 - 5:00 p.m.
<b><u>Week I</u></b> Freestyle:	Tues, June 29		
<b><u>Week II</u></b> Breaststroke:	Tues, July 6		
<b><u>Week III</u></b> Backstroke:	Tues, July 13		
<b><u>Week IV</u></b> Butterfly:	Tues, July 20		
<b><u>Week V</u></b> I.M. & Turns:	Tues, July 27		