

APRIL 21 - MAY 22

KATZ JCC

MARGATE SHARKS SWIM TEAM



SPRING STROKE CLINIC

During this clinic, sessions are spent on the development and refinement of a single stroke. Swimmers will receive instruction on proper stroke mechanics, breathing and form in a week long (per stroke) focused training.

Week 1: Freestyle • Week 2: Backstroke • Week 3: Breaststroke
Week 4: Butterfly • Week 5: Starts/Turns

Practice: Monday - Thursday

8 Years Old & Under - 5:45 PM - 6:45 PM

9 Years Old & Up - 6:45 PM - 7:45 PM

JCC Members \$135

Non-Members \$175

Stephanie Wakefield | Swim Services Director
Head Swim Coach

\$15 DISCOUNT per additional child

Please complete the form below and return to the JCC with payment prior to the first session.

KATZ JCC SHARKS SPRING STROKE CLINIC

Swimmer's Name _____ D.O.B. _____

Address _____ City _____ State _____ Zip Code _____

Parent(s) Name _____ Phone# _____

Cell# _____ Email _____

JCC Member: Yes No

Amount Due \$ _____ Payment Type: Cash Check Visa MasterCard Amex Discover

Account Number _____ Exp. Date _____ CVV Code _____

Signature _____ Date _____

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