



# Swim Stroke Clinics

YMCA Swim Team stroke development clinics are for beginner swimmers looking to improve stroke technique, as well as experienced swimmers looking to refine their skills. The stroke clinic focuses on one competitive stroke at a time building technique, strength, speed, starts and turns. Swimmers will be divided into small groups based on swimming ability so that instructors can modify instruction appropriately.

**Prerequisites:** Participants should be at least age 5 and one of the following: completed level 3 of YMCA Progressive swim lessons, completed at least one year of YMCA swim team, or have approval from the Aquatics Coordinator.

**Classes run from 6:30pm to 7:30pm on the dates below:**

July 21, 23, 28, 30 **Freestyle and Backstroke** \$30

August 4, 6, 11, 13 **Breaststroke** \$30

August 18, 20, 25, 27 **Butterfly** \$30

**Sign Up on our website ([www.sidney-ymca.org](http://www.sidney-ymca.org)) or stop by the Welcome Center.**

Questions? Contact Sonia Jaziri, YMCA Aquatics Coordinator at [sjaziri@sidney-ymca.org](mailto:sjaziri@sidney-ymca.org)