

Hunters Creek Stroke Clinic

Types of Stroke Clinics:

5/6 Year Olds	7/8 Year Olds	9/10 Year Olds	11 & Up
Freestyle	Freestyle	Freestyle	Freestyle
Freestyle	Backstroke	Backstroke	Backstroke
Backstroke	Breaststroke	Breaststroke	Breaststroke
Backstroke	Butterfly	Butterfly	Butterfly
Start/Finishes	Butterfly/Breaststroke	IM	IM
Start/Finishes	Starts/Finishes	Starts/Turns/Finishes	Starts/Turns/Finishes

Info and Prices:

5 swimmers per coach

First come, first serve,

\$20.00 per swimmer per stroke clinic (1 hr. session)

Register by calling Jennifer at 210-710-3470 or email

fromsink2swim@gmail.com OR in person at Swim Team Kick Off/
practices!

Dates/Times of Stroke Clinic:

Saturday, May 5th:

- 12:00-1:00pm: 11 & Up Freestyle
- 1:00pm-2:00pm: 9/10 Freestyle
- 2:00pm-3:00pm: 7/8 Freestyle

Sunday, May 6th:

- 12:00-1:00pm: 7/8 Backstroke
- 1:00-2:00pm: 9/10 Backstroke
- 2:00-3:00pm: 11& Up Backstroke

Saturday, May 12th:

- 10:00am-11:00am: 7/8 Breaststroke
- 11:00am-12:00:11&Up Breaststroke
- 12:00-1:00pm 5/6 Backstroke

Sunday, May 13th:

- 2:00pm-3:00pm: 5/6 Freestyle
- 3:00pm-4:00pm: 9/10 Breaststroke
- 4:00pm-5:00pm: 11& Up Butterfly

Saturday, May 19th:

- 12:00-1:00pm: 5/6 Backstroke
- 1:00pm-2:00pm: 7/8 Butterfly
- 2:00pm-3:00pm: 9/10 Butterfly

Sunday, May 20th:

- 1:00pm-2:00: 11&Up Starts/Finish
- 2:00pm-3:00: 7/8 Fly/Breaststroke
- 3:00pm-4:00: 5/6 Starts/Finish

Saturday, June 2nd:

- 10:00am-11:00am: 5/6 Freestyle
- 11:00am-12:00: 7/8 Starts/Finish
- 12:00-1:00pm: 9/10 Starts/Finish

Sunday, June 3rd:

- 10:00am-11:00am: 5/6 Starts/Finish
- 11:00am-12:00: 9/10 IM
- 12:00-1:00pm: 11 & Up IM