

PINEY CREEK HEAT SWIM TEAM

COMPETITIVE STROKES

Competitive Strokes are extra practices for those swimmers who desire additional work on their strokes, turns and starts. These practices are led by a Piney Creek Swim Team coach. Emphasis is put on technique and stroke mechanics, and enrollment is kept low to give each swimmer individual attention. These practices follow the regularly scheduled swim team practices, and cost \$16.00 per week session (four lessons).

Available Sessions: 1 - June 15 – 18
 2 - June 22 – 25
 3 - June 29 – July 2
 4 - July 6 – 10

Competitive Stroke classes will run from 10:20 – 10:50 am.

Each session includes four classes (Monday – Thursday) with Friday as a make-up day for bad weather. If you are interested, please complete the form below (one for each swimmer) and return it to Coach Scott Cohen ASAP. Payment for each session will be collected the day of the first class of each session. Make all checks payable to Piney Creek Swim Team.

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Name: _____

Age: _____

Phone: _____

Session: _____

Please return to Coach Scott Cohen.