



# Fox Valley Swim Team

## *Summer Stroke Clinic*

The Fox Valley Swim Team will be hosting 2 stroke clinics this summer for those swimmers looking to improve both their stroke technique and endurance. You must live within the District 204 Boundaries to attend these clinics.

Stroke Clinics practice 3 days per week as follows:

Stroke Clinic I (9-11 yrs)	Mon/Fri 3:45-4:45pm @ WVHS Wed 3:45-4:45pm @ NVHS
Stroke Clinic II (12 & Over)	Mon/Fri 4:45-5:45pm @ WVHS Wed 4:45-5:45pm @ NVHS

Cost is \$90 for the 6 week session + an additional \$20 for new members requiring a 2022 USA Membership



The schedule will run from June 6th thru July 18th and can be found in .pdf form on the front page of the website by clicking on the “2022 LC Practice Schedule” icon.

It is expected that your swimmer is able to swim the length of a 25 yard pool & have familiarity with the 4 strokes. Evaluations for all NEW swimmers will take place on the first day of practice.

**REGISTRATION IS OPEN**

The link is located at [www.foxswimteam.com](http://www.foxswimteam.com)

**Spots are limited**

Please contact Sonia Hertogs, [foxswim204@gmail.com](mailto:foxswim204@gmail.com), if you have any questions.