



Stroke School

Stroke School is an introduction for swimmers ages 5+ who need the fundamentals and basic knowledge of all 4 strokes. We break down all 4 strokes teaching and refining stroke techniques and building aerobic capacity, strength and endurance. Workout includes turns, dives, starts and finishes. In-water teacher when needed and age-appropriate games. The Stroke Team is a perfect activity for your child to be involved with other swimmers, swimming for health, safety, fun and fitness! The 45 minute, non-competitive "team" style class. Equipment *needed: Suit, goggles, swim cap.*

Lessons held at Indian Valley College Pool in Novato. 1800 Ignacio

Stroke School dates are Saturdays March 14th, 21st, 28th and April 4th.

Times are 11:45-12:15 and 12:30-1:15.

Fee is \$80 per child or \$25 drop in.

Please fill out registration form and return to Coach Victor or Coach Sarah.

Email confirmations will be sent. No refunds.

Childs Name/Age _____ MSL TEAM _____

Email Address _____

Billing Address of Credit Card _____ City/Zip _____

Phone # _____ Time Preferred _____

Visa/MC _____ exp _____

(3 digit code) _____

Name as it appears on card _____

Please Make checks to: FOREVERS AQUATICS PO Box 435 Novato, CA 94948