



2020 Stillwater Starz Stroke Clinic

The Stillwater Starz Stroke Clinic is open to all swimmers ages 5-18 who are able to safely swim across the pool (any stroke) without assistance.

Both swimmers who live in Naperville's Stillwater subdivision **AND** those who reside outside Stillwater are welcome and encouraged to attend. **There is no additional non-resident fee for this summer's clinic!**

REGISTRATION FOR THIS YEAR'S CLINIC IS OPEN NOW! Please register TODAY to secure your swimmer's spot. We will be running with reduced practice group numbers in accordance with the most current IDPH and CDC guidelines, so availability is limited. Don't miss this fantastic chance for swimmers of all abilities to get out of the house, refine their skills in all four competitive strokes, and have some FUN!

REGISTER TODAY at stillwaterstarz.org!

CLINIC SCHEDULE (one 3-week session)

Monday, July 13 – Friday, July 17

Monday, July 20 – Friday, July 24

Monday, July 27 – Friday, July 31

PRACTICE GROUPS (assignment based on coaches' pre-clinic evaluation)

"S" Group 7:10-8:10 AM

"T" Group: 8:20-9:00 AM

"A" Group: 9:10-9:50 AM

"R" Group: 10:00-10:30 AM

REGISTRATION AND FEES (no non-resident fee-- invite your friends)

\$95 first swimmer

\$90 each additional swimmer in the same family