

AQUATICS

STROKE IMPROVEMENT CLINIC

DATE: APR. 9—MAY 2
DAYS: TUE. & THU.
TIME: 4 - 5 PM
AGE: 10 - 18
INSTRUCTOR: COACH BOB CROSBY
LOCATION: SOUTH LYON EAST HIGH SCHOOL ~ POOL

The Stroke Improvement Clinic is being offered for competitive swimmers of all ages to learn or improve their stroke technique in the 4 competitive swim strokes (Butterfly, Backstroke, Breast Stroke, and Freestyle). The class will also focus on instruction and improvement in starts and turns for all 4 strokes. This is **NOT A LEARN TO SWIM PROGRAM**. Swimmers must be able to swim 25 yards without stopping to participate. (8 classes)

Must have a minimum of 6 students to run the class

CODE SESS I: 4500
R/NR FEE: \$110/\$146

COMPETITIVE SWIMMERS - PRIVATE SWIM LESSONS

DATE: APR. 9 - MAY 2
DAYS: TUE., WED., OR THU.,
TIME: 3 - 3:30 PM OR 3:30 - 4 PM
AGE: 10 - 18
INSTRUCTOR: COACH BOB CROSBY
LOCATION: SOUTH LYON EAST HIGH SCHOOL ~ POOL

PLEASE NOTE: REGISTRANTS WILL REGISTER BY CALLING SLARA AT (248)437-8105 AND THEN WILL CALL COACH BOB AT (734) 262.1755 TO CHOOSE A TIME SLOT FOR YOUR PRIVATE LESSON.

Each 1/2 hour lesson is being offered to swimmers interested in improving their 4 competitive strokes, starts, and turns. These lessons are targeted towards people interested in competitive swimming. Swimmers must be able to swim 25 yards continuously to be eligible to take these lessons.

CODE: 4520

ONE INSTRUCTOR TO ONE SWIMMER
R/NR FEE: \$57/\$76

ONE INSTRUCTOR TO TWO SWIMMERS
R/NR FEE: \$65/\$87

ONE INSTRUCTOR TO THREE SWIMMERS
R/NR FEE: \$75/\$100

MIDDLE SCHOOL /HIGH SCHOOL SWIM CAMP

DATE: JUN. 17 - JUL. 26 (NO CLASS 7/1—7/5)
DAY: MON. - FRI.
TIME: 8 AM - 10 AM
AGE: 11 - 18
INSTRUCTOR: JOHN BURCH & BOB CROSBY
LOCATION: SOUTH LYON EAST HIGH SCHOOL ~ POOL

A summer swim camp designed for high school and middle school swimmers and who are interested in further developing their stroke technique, conditioning, and strength. The camp will focus on stroke technique, high school level training for high school athletes, and dryland strength training. The camp will be coached by John Burch, who has been named the Michigan Interscholastic Swim Coaches Association (MISCA) State Coach of the Year and four times earned the MISCA Zone Coach of the Year along with Bob Crosby who has earned the Matt Mann Award, the highest MISCA award a High School Swim Coaching in Michigan can earn. (25 classes)

CODE: 4600
R/NR FEE: \$315/\$420



SUMMER STROKE CLINIC

DATE: JUN. 18 - JUL. 25 (NO CLASS 7/2—4)
DAY: TUE., WED. & THU.
TIME: 10 AM - 10:45 AM
AGE: 11 - 18
INSTRUCTOR: JOHN BURCH & BOB CROSBY
LOCATION: SOUTH LYON EAST HIGH SCHOOL ~ POOL

This summer Stroke Clinic is being offered for competitive swimmers of all ages to learn or improve their stroke technique in the 4 competitive swim strokes (Butterfly, Backstroke, Breast Stroke, and Freestyle). The class will also focus on instruction and improvement in starts and turns for all 4 strokes. This is **NOT A LEARN TO SWIM PROGRAM**. Swimmers must be able to swim 25 yards without stopping to participate. (15 classes)
No class 7/4 - 7/6

CODE: 4601
R/NR FEE: \$165/\$220

