



DAAC

Dover Area Aquatic Club

Stroke and Turn Clinics Schedule

This Summer Season DAAC is offering Stroke and Turn Clinics Tuesdays and Thursdays where swimmers will have the opportunity to improve their stroke technique, starts, and turns. The clinics will be from 7:15 p.m. to 8:15 p.m. Each clinic night will focus on specific strokes, and specific starts and turns. Clinics Start Tuesday May 29th and run through Thursday July 5th.

The fee for the clinics will either be \$5.00/clinic day or \$60 for all 12 clinic days. If interested in doing the clinics please email Becky Webb at vball9498@gmail.com with which clinics you are interested in.

Tuesday Clinics (Stroke Technique)

05/29/12 – Freestyle

06/05/12 – Breaststroke

06/12/12 – Backstroke

06/19/12 – Butterfly

06/26/12 – Freestyle/Breaststroke

07/03/12 – Backstroke/Butterfly

Thursday Clinics (Starts and Turns)

05/31/12 – Freestyle & IM (turns)

06/07/12 – Breaststroke

06/14/12 – Backstroke

06/21/12 – Butterfly

06/28/12 – Freestyle/Breaststroke

07/05/12 – Backstroke/Butterfly