

# DAAC

## Stroke and Turn Clinics Schedule



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This Winter Season DAAC is offering two stroke and turn clinic's a week. Every Tuesday of the week will be focusing on starts and turns, and every Thursday of the week will be focusing on stroke technique. Each Clinic will also be focusing on a specific stroke. Times for the Clinics will be 7:15-7:45pm.

The fee for the clinics will either be \$5.00/clinic day or \$90 for all 21 clinic days. Since clinics repeat, if you decide just to do one set, it would be \$5.00/clinic or \$45 for all 10 clinic days. If interested in doing the clinics please email Becky Webb at [vball9498@gmail.com](mailto:vball9498@gmail.com) with which clinics you are interested in.

### Tuesday Clinics (Starts and Turns)

09/27/2011 "Butterfly"  
10/04/2011 "Backstroke"  
10/11/2011 "Breaststroke"  
10/18/2011 "Freestyle"  
10/25/2011 "I.M."  
11/01/2011 "Butterfly"  
11/08/2011 "Backstroke"  
11/15/2011 "Breaststroke"  
11/29/2011 "Freestyle"  
12/06/2011 "I.M."  
12/13/2011 "Swimmers Choice"

### Thursday Clinics (Stroke Technique)

09/29/2011 "Butterfly"  
10/06/2011 "Backstroke"  
10/13/2011 "Breaststroke"  
10/20/2011 "Freestyle"  
10/27/2011 "I.M."  
11/03/2011 "Butterfly"  
11/10/2011 "Backstroke"  
11/17/2011 "Breaststroke"  
12/01/2011 "Freestyle"  
12/08/2011 "I.M."