



DAAC

Dover Area Aquatic Club

Stroke and Turn Clinics Schedule

This offseason 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 7:30 p.m. to 8:30 p.m. Each clinic night will focus on specific strokes, and specific starts and turns. Clinics will start on March 6th and end on May 24th.

The fee for the clinics will be \$5.00/clinic day. If interested in doing the clinics please make sure to attend the first 2 clinics (3-6-12 and 3-8-12) in order to sign-up for the clinics that your swimmer(s) plan on attending. Please see Becky Webb to pay for clinics on those first 2 clinic days. Please have a list of dates that your swimmer(s) plan on attending.

Tuesday Clinics (Stroke Technique)

March Dates:

03/06/12 Tuesday – “Freestyle”
03/13/12 Tuesday – “Breaststroke”
03/20/12 Tuesday – “Backstroke”
03/27/12 Tuesday – “Butterfly”

April Dates:

04/03/12 Tuesday – “Freestyle”
04/10/12 Tuesday – “Breaststroke”
04/17/12 Tuesday – “Backstroke”
04/24/12 Tuesday – “Butterfly”

May Dates:

05/01/12 Tuesday – “Freestyle”
05/08/12 Tuesday – “Breaststroke”
05/15/12 Tuesday – “Backstroke”
05/22/12 Tuesday – “Butterfly”

Thursday Clinics (Starts and Turns)

March Dates:

03/08/12 Thursday – “Freestyle / IM”
03/15/12 Thursday – “Breaststroke”
03/22/12 Thursday – “Backstroke”
03/29/12 Thursday – “Butterfly”

April Dates:

04/05/12 Thursday – “Freestyle /IM”
04/12/12 Thursday – “Breaststroke”
04/19/12 Thursday – “Backstroke”
04/26/12 Thursday – “Butterfly”

May Dates:

05/03/12 Thursday – “Freestyle / IM”
05/10/12 Thursday – “Breaststroke”
05/17/12 Thursday – “Backstroke”
05/24/12 Thursday – “Butterfly”