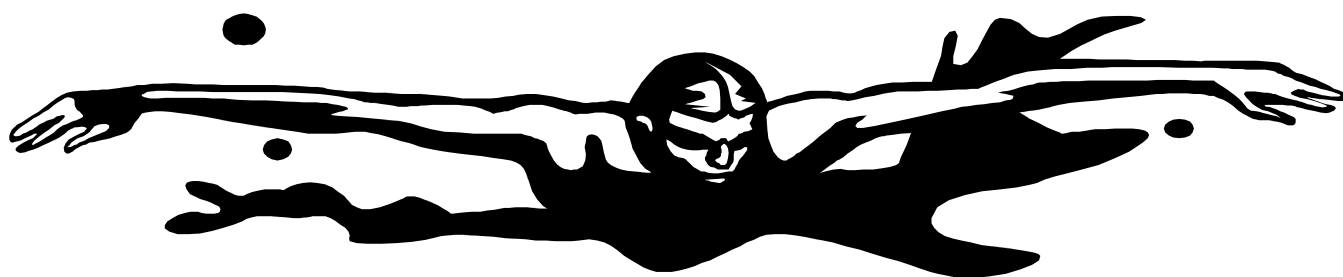


# Stroke Clinic

The Baiert Family YMCA is excited to announce the return of our stroke clinics. The stroke clinic is a five week course designed to focus on free style sprinting, breaststroke, backstroke, butterfly, free style distance. Each session will focus on a different stroke. The cost for the clinic will be broken down per session so that you can attend the days you would like. All clinics will be held on Sunday mornings from 8:00 AM– 9:00 AM for beginner swimmers or 9:00 AM– 11:00 AM for advanced. If you are not sure which group you should swim with please contact **Coach Judy Rielgelnegg at [judemarsh4@hotmail.com](mailto:judemarsh4@hotmail.com)**. Once Coach Judy has placed you in the appropriate ability level please register for the clinics as soon as possible space is limited!



Date	Time	Clinic	FM Fee	PM Fee
April 11	Beginner 8 AM– 9 AM Advanced 9 AM– 11 AM	Freestyle (Sprint)	\$25	\$45
April 18	Beginner 8 AM– 9 AM Advanced 9 AM– 11 AM	Breaststroke	\$25	\$45
April 25	Beginner 8 AM– 9 AM Advanced 9 AM– 11 AM	Backstroke	\$25	\$45
May 2	Beginner 8 AM– 9 AM Advanced 9 AM– 11 AM	Butterfly	\$25	\$45
May 16	Beginner 8 AM– 9 AM Advanced 9 AM– 11 AM	Freestyle (Distance)	\$25	\$45

You must pre-register for all clinics at the service desk. Space is limited to 30 swimmers for the advanced clinic and 24 swimmers for the beginner clinic. **There is no age limit for the clinics.**

Beginner swimmers must know the stroke and be able to complete one full length of the pool. Advanced swimmers must know the stroke and be able to complete one full lap of the pool. Again, if you are unsure of where you should be placed, email Coach Judy and she will place you in the correct time slot. This is great opportunity to get into shape and get quality coaching from our trained staff of swim coaches!