

DALEVIEW

STROKE AND TURN CLINIC AND STROKE AND TURN PLUS

WINTER 2017-2018 SESSIONS OPEN FOR REGISTRATION



Stroke and Turn Clinic is back at PBES Pool with Coach Emily Rawson this 2017-2018 season. SNT meets for 28 Sundays around the MoCo school schedule.

Stroke and Turn PLUS is a program is for the swimmer who wants to have an extra day a week program, but is not interested in the full intensity of a USA Swim Club, nor the desire to participate in the large swim meets. Participants must swim legally in 3 out 4 strokes and will be timed regularly with a focus on technique, starts and turns and small aerobic sets. SNT+ meets for 56 sessions, Sundays and Tuesdays, around the MoCo school schedule.

Both options are a great opportunity to improve stroke and maintain skills over the winter.

Stroke and Turn Sundays Only

The cost: \$280 for the season, 28 sessions on Sundays.

SNT Session 1 - 5:00 PM: Eight and under and new nine year olds. Minimum age is 5-years-old. Limit to 50 swimmers.

SNT Session 2 - 6:00 PM: Ten and up and returning nine year olds. Limit to 60 swimmers.

Stroke and Turn Plus—Sundays and Tuesdays:

The cost: \$500 for the full season, 56 sessions (Sundays and Tuesdays)

SNT +: Sundays (either session) and Tuesdays 6-7pm. Minimum age is 8-years-old. Limit to 24 swimmers.

REGISTRATION:

<https://daleview.swimtopia.com>

Note: Daleview Summer Swim Team members should register using their existing Swimtopia account. Participation in SNT is independent to Daleview's membership or summer swim team program. All swimmers are welcome.

QUESTIONS:

Daleviewstrokeandturn@gmail.com

Located at the Piney Branch Pool
7510 Maple Ave, Takoma Park, MD 20912

Sunday Session	Tuesday Session
SNT and SNT+ 5-6 pm (8 & under) SNT and SNT+ 6-7 pm (9 & older)	Stroke and Turn PLUS 6-7 pm (all ages)
Sun, Oct. 1, 2017	Tues, Oct. 3, 2017
Sun, Oct. 8, 2017	Tues, Oct. 10, 2017
Sun, Oct. 15, 2017	Tues, Oct. 17, 2017
Sun, Oct. 22, 2017	Tues, Oct. 24, 2017
Sun, Oct. 29, 2017	Tues, Nov. 7, 2017
Sun, Nov. 5, 2017	Tues, Nov. 14, 2017
Sun, Nov. 12, 2017	Tues, Nov. 21, 2017
Sun, Nov. 19, 2017	Tues, Nov. 28, 2017
Sun, Nov. 26, 2017	Tues, Dec. 5, 2017
Sun, Dec. 3, 2017	Tues, Dec. 12, 2017
Sun, Dec. 10, 2017	Tues, Dec. 19, 2017
Sun, Dec. 17, 2017	Tues, Jan. 9, 2018
Sun, Jan. 7, 2018	Tues, Jan. 16, 2018
Sun, Jan. 14, 2018	Tues, Jan. 23, 2018
Sun, Jan. 21, 2018	Tues, Jan. 30, 2018
Sun, Jan. 28, 2018	Tues, Feb. 13, 2018
Sun, Feb. 11, 2018	Tues, Feb. 20, 2018
Sun, Feb. 18, 2018	Tues, Feb. 27, 2018
Sun, Feb. 25, 2018	Tues, March 6, 2018
Sun, March 4, 2018	Tues, March 13, 2018
Sun, March 11, 2018	Tues, March 20, 2018
Sun, March 18, 2018	Tues, April 3, 2018
Sun, April 8, 2018	Tues, April 10, 2018
Sun, April 15, 2018	Tues, April 17, 2018
Sun, April 22, 2018	Tues, April 24, 2018
Sun, April 29, 2018	Tues, May 1, 2018
Sun, May 6, 2018	Tues, May 8, 2018
*Sun, May 20, 2018	Tues, May 15, 2018
*Intersquad Meet	