

2025

HUSKIES SWIM & DIVE STROKE CLINIC

MARCH 30 APRIL 6 APRIL 13 APRIL 27

BUTTERFLY BACKSTROKE BREASTSTROKE FREESTYLE

GRADES 4TH - 6TH: 9:00 AM - 12:00 PM

GRADES 7TH - 12TH: 1:00 PM - 4:00 PM

WHAT HAPPENS DURING EACH SESSION:

-SESSION WILL BEGIN WITH 30 MINUTES OF STROKE DISCUSSION & BREAKDOWN

-EACH SESSION WILL BE 2+ HOURS OF POOL TIME WORKING ON DRILLS AND DRILL PROGRESSIONS

COST: \$55 PER SESSION

*INCLUDES ONE SCSU SWIM CAP

*THIS IS A SKILLS CLINIC AND NOT A LEARN TO SWIM PROGRAM.
IT IS A WAY FOR CURRENT SWIMMERS TO DEVELOP AND INCREASE THEIR SKILLS.