

2nd SEMESTER
Hammerhead Swim School

OPEN for all serious minded Swimmers and
Tri Athletes who want to learn and become
better. All skill levels welcome

Competitive Swim Clinic every
Wednesday, 6PM to 8PM

Learn stroke skills, strengthen stroke mechanics
build stroke specific strength and flexibility

Special feature
Personalized filming and stroke analysis

Registration & Orientation:
Wednesday, February 10
6PM

Sunrise Middle School Pool

February to May

Lesson Plan

Back Stroke, Breast Stroke and Butterfly
Stroke Development, and stroke specific starts & turns

(16) Wednesdays

February 10, 17, 24

March, 3, 10, 17, 24, 31

April 7, 14, 21, 28

May 5, 12, 19, 26