



# Forest Hills Shark Stroke Clinic

There will be four separate days of instructions all held  
at Anderson High School Pool.

On each day we will focus on a different stroke.

**All levels of swimmers are welcome!**

Tuesday, May 17th (7:30 p.m.) - Freestyle

Thursday, May 19th (7:30 p.m.) - Backstroke

Tuesday, May 24th (7:30 p.m.) - Breaststroke

Thursday, May 26th (7:30 p.m.) - Butterfly

**Each session will last one hour.**

Time permitting at the end of each session we will work  
on starts and turns

Coaches and Senior Swimmers will be on deck and in  
the water to model and instruct stroke techniques.

# Registration

Register for 1 or up to 4 sessions @ \$5 per session per swimmer.

Register by email to Mike Grimes (Swim Team Coordinator)  
mbgrimes01@aol.com by May 12th

Registration information needed in email:

Name of each swimmer

Age

Gender

# of sessions and day that swimmer is planning to attend

Payment can be made at Swim Team Registration on  
Thursday, May 12th at the club between 5:00 - 7:30 p.m.

Things needed for Shark Clinic

\* Goggles

\* Swim Suit

\* Towel

\* Labeled bottle of water

We look forward to a great season....hope to see you there!

Coach Phil, Marie and Ian