

PRE-SEASON STROKE CLINIC



GET A JUMP START ON THE COMPETITION!

Swimmers are instructed in each of the four competitive strokes and their associated skills (starts, turns, and finishes) in a positive atmosphere, emphasizing skills and stroke techniques key to the success of competitive swimming. Participants must be able to swim 25-meters proficiently on both front and back. This clinic is designed to refine strokes through numerous drills and is not a substitute for swim lessons.

Each clinic day focuses on a stroke or technique for competitive swimming.

Activities are not limited to the focus of that day, swimmers may swim other strokes.

\$50

2025 Gladstone Gators

(Participants must already be registered for the Gladstone Gators and register in-person at the Gladstone Community Center to receive discount.)

\$75

Open Registration

REGISTRATION BEGINS MARCH 3rd

CLINIC DATES

AGES 6 - 10 12:30 - 1:30 p.m.

AGES 11 - 18 1:45 - 3 p.m.

(Each week the Clinic will focus on a different skill including BACKSTROKE, BREASTSTROKE, BUTTERFLY, STARTS & TURNS AND FREE & BACK)

04.19.25

04.26.25

05.03.25

05.10.25

05.17.25

05.24.25