

# 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

**2026 Gladstone Gators**

(Participants must already be registered for the Gladstone Gators and register in-person at the Gladstone Community Center or over the phone at 816-423-4200 to receive discount.)

# \$75

**Open Registration**

**REGISTRATION BEGINS MARCH 2nd**

## 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

**04.18.26**

**04.25.26**

**05.02.26**

**05.09.26**

**05.16.26**

**05.23.26**