

Stroke Clinic

Open to existing swim team participants, to non-swim team participants, and non-YMCA members. Registration is per week. Registration for all weeks opens on Friday, February 26th. Please register for either M/W or T/TH, if it is offered.

- Juniors/Seniors and Tsunamis – starts April 5th
 - Monday and Wednesday
 - Technique
 - 3:30pm-4:30pm
 - Tuesday and Thursday
 - Technique
 - 4pm-5pm
 - Everyone Friday
 - Conditioning
 - 3:30pm-5pm
 - 45 minutes weightlifting
 - 45 minutes swimming
- Riptides – starts March 15th
 - Monday and Wednesday or
 - Technique
 - 4:30pm-5:30pm
 - Tuesday and Thursday
 - Technique
 - 5pm-6pm
- Currents – starts March 15th
 - Monday and Wednesday
 - Technique
 - 5:30pm-6:30pm

Dates for Riptides & Currents

Members: \$8/week

Non-members: \$10/week

~~March 15th - March 19th: FREE~~

~~March 22nd - March 26th: FLY~~

Off March 29th - April 2nd

Off April 5th - April 9th

April 12th - April 16th: FREE

April 19th - April 23rd: BACK

April 26th - April 30th: FREE

May 3rd - May 7th: BREAST

Off May 10th - 14th

May 17th - May 21st: FREE

May 24th - May 28th: FREE

Dates for JRs, SRs, & Tsunamis

Members: \$10/week

Non-members: \$12/week

Off April 5th - April 9th

April 12th - April 16th: FREE

April 19th - April 23rd: FLY

April 26th - April 30th: FREE

May 3rd - May 7th: BACK

Off May 10th - 14th

May 17th - May 21st: FREE

May 24th - May 28th: BREAST