



Dolphin Stroke School

Pinnacle Pool, Home of the Lexington Dolphins -- 621 Southpoint Drive
susan@lexdolphins.org

Looking for a way to keep your swimmer in the water during the school year? Interested in improving your stroke technique? Are you ready to move beyond freestyle and backstroke? Want to maintain your stroke technique through the winter? If so, Dolphin Stroke School is the place for you. We are pleased to offer our Dolphin Stroke School, a non-competitive swim program for children who have summer swim team experience.

*** (Evaluation required for those who don't have swim team experience.)

Five sessions will be offered on Sundays, September 30 through May 12:

Session 1: September 30 – November 4 (\$65 per participant) **Currently enrolling.**

Session 2: November 11 - December 16 (\$65 per participant) *Open enrollment begins 10/21*

Session 3: January 6 - February 10 (\$65 per participant) *Open enrollment begins 12/16*

Session 4: February 17- March 17 (5 weeks, \$55 per participant) *Open enrollment begins 1/27*

Session 5: April 14 - May 12 (5 weeks, \$55 per participant) *Open enrollment begins 3/31*

Level 1: (3:00 – 3:45 pm): primarily for swimmers ages 5 – 8; swimmers must be able to swim 25 meters of freestyle and 25 meters of backstroke; focus will be on freestyle and backstroke technique and endurance; some swimmers will be introduced to breaststroke and butterfly. Maximum number of spots (20)

Level 2: (3:45 – 4:45 pm): primarily for swimmers ages 9 & older, swimmers should be able to legally swim 25 meters of all four strokes; focus will be on technique and endurance training of all four strokes

***If Level 1 is full and we have enough swimmers interested, we will run an additional level 1 group during the level 2 session (3:45-4:30)

Tuition and Enrollment

There is a \$30 registration fee for each participant that covers a swimmer for any/all sessions for the swim year. The cost for each participant is \$65 per six week session, except Sessions 4 and 5, which are \$55 for 5 week session. Please complete and return an application with payment per child to reserve your session. We will register swimmers one session at a time. Re-enrollment for the following session will begin as soon as a session begins. There will be open enrollment for an upcoming session three weeks before a new session begins (see dates above). The only exception is those that enroll in the full year (5 session and registration, total \$335). Checks should be made payable to Lexington Dolphin Swim Team. Tuition is non-refundable one week prior to the session start date. There must be at least 8 participants for a clinic to be held. Applications will be accepted until the maximum enrollment is reached. When enrollment is reached, additional swimmers will be placed on a waiting list and enrolled if any openings occur. If we are unable to place your child, a full refund will be provided.
