

# SPRING STROKE CLINIC



**Each week we will focus  
on a new skill/stroke.**

**Week 1: Butterfly &  
Open Turns**

**Week 2: Breaststroke &  
Open Turns**

**Week 3: Backstroke &  
Backstroke Flip Turns**

**Week 4: Freestyle & Flip  
Turns**

**Week 5: Mix of  
Everything**

## Stingrays - \$115

WHEN

April 8th - May 9th  
Monday, Tuesday, Thursday  
6:30-8:00pm

WHERE

TBD

## Dolphins - \$75

WHEN

April 8th - May 9th  
Monday, Tuesday, Thursday  
6:30-7:30pm

WHERE

TBD

\*NO practice on April 15th. That week,  
practice will be Tuesday-Friday for Sharks,  
and Tuesday-Thursday for Stingrays and  
Dolphins.

## Sharks - \$145

WHEN

April 8th - May 9th  
Monday - Thursday  
6:30-8:00pm

WHERE

Delong Middle School

**Register at: [ecacswimming.org](http://ecacswimming.org)**

### Contacts

Becca Heers  
Sarah Hundt  
Meghan Holmen  
[ecacswim@yahoo.com](mailto:ecacswim@yahoo.com)

Jeremy Nimz  
920-379-0097  
[ecactreasurer@gmail.com](mailto:ecactreasurer@gmail.com)

Cora Stube  
608-220-8998  
[corastube@gmail.com](mailto:corastube@gmail.com)