

DALEVIEW

2019–2020

STROKE AND TURN CLINIC & STROKE AND TURN PLUS



Stroke and Turn Clinic is back at PBES Pool. We're happy to introduce Coach Ethan Amitay as Head Coach. He brings years of experience to this clinic, as the current Head Coach of the Forest Knolls Seahawks Swim Team as well as the winter masters and rec youth swimming coach for the University of Maryland. He was coached by Coach Emily Rawson for Blair's swim team and swam at RMSC.

SNT meets for 28 Sundays around the MoCo school schedule.

Stroke and Turn PLUS is a program is for the swimmer who wants to have an extra day a week program, but is not interested in the full intensity of a USA Swim Club, nor the desire to participate in the large swim meets. Participants must swim legally in 3 out of 4 strokes and will be timed regularly with a focus on technique, starts and turns and small aerobic sets. SNT+ meets for 56 sessions, Sundays and Tuesdays, around the MoCo school schedule.

Both options are a great opportunity to improve stroke and maintain skills over the winter.

Stroke and Turn Sundays Only — NO Makeups on Tues!

The cost: \$300 for the season, 28 sessions on Sundays.

SNT Session 1 - 4:00 PM; Eight and under and nine year olds new to competitive swimming—MINIMUM AGE IS 5-YEARS-OLD. Limit to 50 swimmers.

SNT Session 2 - 5:00 PM: Ten and up and returning nine year olds. Limit to 60 swimmers.

Stroke and Turn Plus—Sundays and Tuesdays:

The cost: \$525 for the full season, 56 sessions (Sundays and Tuesdays)

SNT +: Sundays (either session) and Tuesdays 6–7pm.

Limit to 24 swimmers. MINIMUM AGE IS 8-YEARS-OLD.

REGISTRATION:

<https://daleview.swimtopia.com>

Note: Daleview Summer Swim Team members should register using their existing Swimtopia account. Participation in SNT is independent to Daleview's membership or summer swim team program. All swimmers are welcome.

QUESTIONS:

daleviewstrokeandturn@gmail.com

Located at the Piney Branch Pool
7510 Maple Ave, Takoma Park, MD 20912

SNT and SNT+ 4-5 pm (8 under)	Stroke and Turn PLUS
SNT and SNT+ 5-6 pm (9 older)	6-7 pm (min age - 8yrs old)
Sun, Sept 29, 2019	Tues, Oct 1, 2019
Sun, Oct 6, 2019	Tues, Oct 8, 2019
Sun, Oct 13, 2019	Tues, Oct 15, 2019
Sun, Oct 20, 2019	Tues, Oct 22, 2019
Sun, Oct 27, 2019	Tues, Oct 29, 2019
Sun, Nov 3, 2019	Tues, Nov 5, 2019
Sun, Nov 10, 2019	Tues, Nov 12, 2019
Sun, Nov 17, 2019	Tues, Nov 19, 2019
Sun, Nov 24, 2019	Tues, Nov 26, 2019
Sun, Dec 1, 2019	Tues, Dec 3, 2019
Sun, Dec 8, 2019	Tues, Dec 10, 2019
Sun, Dec 15, 2019	Tues, Dec 17, 2019
NO S&T WINTER BREAK: SUN, DEC 23 - DEC 31	
Sun, Jan 5, 2020	Tues, Jan 7, 2020
Sun, Jan 12, 2020	Tues, Jan 14, 2020
Sun, Jan 19, 2020	Tues, Jan 21, 2020
Sun, Jan 26, 2020	Tues, Jan 28, 2020
NO S&T THIS WEEK: SUN, FEB 2 AND TUES, FEB 4	
Sun, Feb 9, 2020	Tues, Feb 11, 2020
Sun, Feb 16, 2020	Tues, Feb 18, 2020
Sun, Feb 23, 2020	Tues, Feb 25, 2020
Sun, Mar 1, 2020	Tues, Mar 3, 2020
Sun, Mar 8, 2020	Tues, Mar 10, 2020
Sun, Mar 15, 2020	Tues, Mar 17, 2020
Sun, Mar 22, 2020	Tues, Mar 24, 2020
Sun, Mar 29, 2020	Tues, Mar 31, 2020
NO S&T SPRING BREAK: SUN, APR 5 - TUES, APR 7	
NO S&T SPRING BREAK: SUN, APR 12 - TUES, APR 13	
Sun, April 19, 2020	Tues, April 21, 2020
Sun, April 26, 2020	Tues, April 28, 2020
Sun, May 3, 2020	Tues, May 5, 2020
NO SUNDAY S&T MAY 10	
Sun, May 17, 2020	