

Clark Sports Center Aquatics Department
Swim Stroke Clinic

Our Stroke Clinic is designed to give you a stroke ‘analysis’ from our certified American Red Cross Water Safety Instructors. Using video recording equipment (in and out of the water) your strokes will be filmed and analyzed. Instructors will give you tips on how to improve your strokes and work with you to make your stroke more efficient.

Name: _____ **Age:** _____

Phone Number: _____

Email (optional) _____

What interested you about our clinic?

What is your goal?

Are you looking to fix your technique for pain reasons? If yes, please explain.

What times work best for you? Please circle all that apply.

Wednesday Afternoons 12:00p.m. – 3:00p.m.

Wednesday Nights 6:00p.m. to 9:00p.m.

Thursday Mornings 9:00a.m. – 12:00p.m.

Friday Mornings 6:00a.m. to 9:00a.m.

One session will last 45 minutes, to give you time for warm-up, videotaping, evaluation of your stroke, and time for practicing new techniques.

Once you have filled this form out, please leave it with either the front desk or you can drop it off to the pool office. Our staff will contact you to set up a time convenient to both parties. Thank you!