

Saturday Stroke School Is Back by Popular Demand this Fall and Winter! - Don't wait too long to reserve a spot. Classes fill up quickly!

Strokes are the foundation of competitive swimming. The better your strokes, the more efficient you are in the water. Being more efficient enables you to achieve faster times.

TTSC Head Age-Group Coach Jeanine Serrano is offering a few small group Stroke Technique and Start and Turn workshops. Each 45-minute session will focus on either **Long Axis Strokes (*Freestyle and Backstroke*)** or **Short Axis Strokes (*Breast and Butterfly*)** and Starts and Turns. The sessions are limited to only 6-8 swimmers to help facilitate more individual attention and are divided by training groups. Swimmers will get a chance to have their strokes videoed (above and below water) and reviewed.

Stroke School will take place once a month on Saturday Mornings from 9 – 12:45 at the Tualatin Pool. ***Swimmers may only attend one session per day.*** You can sign up for Stroke School by calling Jeanine at 503-431-5455 or by contacting her through Email jserrano@tsd.k12.or.us. Sign up soon before the spots fill up.

There is a \$5 charge for Stroke School. ***This must be paid prior to the class to guarantee your spot.*** Checks for Stroke School should be written out to “TTSC” and left in the “Stroke School” file after you have been assigned a time.

November 4

9:00 - 9:45am White and Blue Group Short Axis School
9:45- 10:30am White and Blue Group Long Axis School
10:30-11:15am Terrapin and Snapper Short Axis School
11:15- 12:00am Terrapin and Snapper Long Axis School
12:00- 12:45 White and Blue Group Starts and Turns-

December 2

9:00 - 9:45am White and Blue Group Long Axis School
9:45- 10:30am White and Blue Group Short Axis School
10:30-11:15am Terrapin and Snapper Long Axis School
11:15- 12:00am Terrapin and Snapper Short Axis School
12:00- 12:45 White and Terrapin Starts and Turns

January 27

9:00 - 9:45am White and Blue Group Starts and Turns
9:45- 10:30am White and Blue Group Short Axis School
10:30-11:15am Terrapin and Snapper Short Axis School
11:15- 12:00am Terrapin and Snapper Long Axis School
12:00- 12:45 White and Terrapin Starts and Turns