



# Dolphin Stroke School

Pinnacle Pool, Home of the Lexington Dolphins -- 621 Southpoint Drive  
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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, October through May:

**Session 1:** October 2<sup>nd</sup> - October 30<sup>th</sup> (5 weeks, \$55 per participant)

**Session 2:** November 6<sup>th</sup> - December 11<sup>th</sup> (\$65 per participant)

**Session 3:** January 8<sup>th</sup> - February 12<sup>th</sup> (\$65 per participant)

**Session 4:** February 19<sup>th</sup> - March 25<sup>th</sup> (\$65 per participant)

**Session 5:** April 15<sup>th</sup> - May 20<sup>th</sup> (\$65 per participant) (there will be clinic on Mother's Day)

**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 without stopping; focus will be on freestyle and backstroke technique and endurance; some swimmers will be introduced to breaststroke and butterfly

**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

### Tuition and Enrollment

There is a \$30 registration fee for each participant that covers a swimmer for any sessions for the swim year. The cost for each participant is \$65 per six week session, with Session 1 being \$55 for 5 week session. Please complete and return an application with per child to reserve your session(s). 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.

### **Please print and return form and payment by check to:**

Child's Name: \_\_\_\_\_ Birth date: \_\_\_\_\_

Summer team: \_\_\_\_\_ Summer Coach: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Address: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

I, \_\_\_\_\_, fully understand that the participant has enrolled in an aquatic program that includes physical activity. I affirm that the participant is in good physical condition and does not have any disabilities that would limit his or her participation in swim lessons. I hereby release Lexington Dolphins Swim Team and its employees from any and all liabilities at this time and in the future.

Please check the Session and Level in which you'd like to enroll:

Session 1 \_\_\_\_\_ Session 2 \_\_\_\_\_ Session 3 \_\_\_\_\_ Session 4 \_\_\_\_\_ Session 5 \_\_\_\_\_ Registration \$30/year: \_\_\_\_\_

Level 1 \_\_\_\_\_ Level 2 \_\_\_\_\_ For Office Use Only: Date Rec'd: \_\_\_\_\_ Ck# \_\_\_\_\_ Amt. \_\_\_\_\_