



# YOTA STROKE SCHOOL

The YMCA of the Triangle Area (YOTA) Swim Team Stroke School, now in its third year, is a weekend clinic program intended to help swimmers learn the proper stroke technique for more efficient swimming. The stroke school serves swimmers transitioning from swim lessons and summer swim team to a competitive environment. All lessons will be given by our experienced and certified YOTA Coaching Staff. We hope you will come join us for an educational experience!

❖ **6 Sessions Dates:**

- #1 September 24- 25, October 8-9, 22-23
- #2 November 5-6, 12-13, 19-20
- #3 January 7-8, 21-22, 28-29
- #4 February 4-5, 18-19, 25-26,
- #5 March 10-11, 17-18, 31- April 1
- #6 April 21-22, 28-29, May 5-6

❖ **Time:** 12-1pm (Saturday and Sunday)

❖ **Location:** OPC 1012 Oberlin Road, Raleigh (the old YWCA building just off of Wade Avenue). Pool is located in the back entrance of the Interact building.

❖ **Cost Per Session:**

\$120 for 6 one hour lessons, given in a group setting

❖ **Lesson Plan:**

- Day1 Freestyle, Day 2 Backstroke, Day3 Breaststroke, Day 4 Butterfly, Day 5 Review, Day 6 Fun Race Day

❖ **Requirements:**

- Must be able to swim a lap of freestyle & backstroke with no assistance and have had an introduction to butterfly and breaststroke.
- Ages 6-13
- YMCA membership NOT required-all are welcomed.

❖ **Make Up Policy**

- Should YOTA cancel a class, we will schedule a make up date depending on pool and staff availability.
- If you miss for outside circumstances a make up will be unavailable.

❖ **Refund Policy**

- If a participant drops out prior to start date of the session a full refund will be given.
- If a participant drops out for medical reasons then a full refund will be given only if the session hasn't begun.
- No refund will be given once a class has completed its 2<sup>nd</sup> day unless for medical reasons then a percentage could be refunded.

❖ **Coordinator Contact**

Patrick Curran 919-582-9301 [patrick.curran@ymcatriangle.org](mailto:patrick.curran@ymcatriangle.org)

# YOTA Stroke School Registration

**Mail to:**

YOTA Stroke School  
Attention: Patrick Curran  
YOTA Swim Team  
801 Corporate Center Drive Suite 200  
Raleigh, NC 27607

Please print carefully

**Swimmers Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Guardian(s):** \_\_\_\_\_

**Phone: (H)** \_\_\_\_\_ **(C)** \_\_\_\_\_ **(W)** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Street  
Address** \_\_\_\_\_

**City/Town/State:** \_\_\_\_\_

**Circle Session(s):**    1    2    3    4    5    6

**Pay by:**

**Check Number:** \_\_\_\_\_ **Amount:** \_\_\_\_\_

Or

**Credit Card: Expiration date:** \_\_/\_\_/\_\_

# \_\_\_\_\_

**Circle: Visa    Master Card    American Express**

**Please call if you have any questions. Confirmation will be  
emailed a week before session begins. Thank you!**