

8 Week Stroke School – Ages 5 –13
February 6- March 29 Up to 30 sessions



Tuesday, Wednesday, Thursday's 4:15 – 4:50 PM
NEW ----Saturdays 9:00 – 9:35 AM

5959 Common Street
 Lake Charles, LA 70606
 337-310-1681
 www.truebluewaterports.com

Prerequisites:

Stroke school is only for kids who can swim the length of True Blue's Pool (50')

(Doesn't have to be pretty. can be on back, side, or front, as long as they can get to other end without assistance)

*Focus: Technique, Endurance, Form, Speed,
 Building Core Muscles,
 35 minute session
 Land-Based Warm Up
 Water-Based Lap Warm Up
 Technique Practice
 Endurance/Core Training
 Cool Down
 Land- Based Stretch*

February	-13 Sessions	\$156
March	-17 Sessions	\$204
No stroke school Mardi Gras Feb 13 March 29 Final Day / Pool Party		\$360
Book all 8 weeks now:		<u>-40</u>
Total		\$320

PRORATED DAYS ALLOWED
Sessions are \$12 apiece.
No other discounts if prorated.

Parents Name: _____

Address: _____ **City/State/Zip:** _____

Cell phone: _____ **Email:** _____

Child's Name: _____

AGE: _____ **Male or Female** _____

In case on an emergency provide one other contact name and number:

1. _____

Is there anything regarding your child's health which we would need to know as a safety measure? Allergies? Special accommodations? Under physician's care?

Please explain:

Other comments:

Office Use Only: Circle Options			
	Feb	\$156	
	March	\$204	
		\$360	
		Pay all at once -40	
		=\$320	
TUES	WED	THURS	SAT
_____ x 12 = _____			
Staff _____		Date _____	