

**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<br>March 29 Final Day / Pool Party |              | \$360        |
| Book all 8 weeks now:   |              | <u>-40</u>   |
| <b>Total</b>  |              | <b>\$320</b> |

**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:<br>Circle Options |            |                     |            |
|                                    | Feb        | \$156               |            |
|                                    | March      | \$204               |            |
|                                    |            | \$360               |            |
|                                    |            | Pay all at once -40 |            |
|                                    |            | =\$320              |            |
| <b>TUES</b>                        | <b>WED</b> | <b>THURS</b>        | <b>SAT</b> |
| _____ x 12 = _____                 |            |                     |            |
| Staff _____                        |            | Date _____          |            |