

11 Week Stroke School – Ages 6 –13
September 5 – November 16
Tuesday, Wednesday, Thursday’s
CAN PRORATE FOR SELECTED DAYS
4:15 – 4:50 PM (\$11 per session)



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*

September	-12 Sessions	\$132
October	-12 Sessions	\$132
November	-8 Sessions	\$88

No stroke school Halloween Day, Tues. Oct. 31
 November 16 Pool Party

\$352

Book all three months at once \$-53

\$299

**IF PRORATED FOR SELECTED DAYS
 sessions are \$11 apiece.**

Parents Name: _____

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

Cell phone: _____ **Work phone:** _____

Child’sName: _____

AGE: _____ **Date of Birth:** _____ **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

Sept \$132

Oct \$132

Nov \$88

\$352

Pay all at once -50

= \$299

Or --TUES WED THURS

_____ x 11 = _____

Staff _____ Date _____