

Stroke Clinic

We are offering evening stroke clinics again this year at RSSC!

The purpose of the clinic is to offer swim team members extra assistance with the development of strokes, turns, and diving used in competitive swimming arena.

June 22, 23, 25, 29, 30 July 2

5:30 p.m. — 6:45 p.m. 8 and under

7:00 p.m. — 8:15 p.m. 9 -14

This is a great opportunity for swimmers on the team to improve their skills! Register for the stroke clinic using swim lesson registration forms.