

Introduction to Competitive Swimming

Sponsored by West Seneca Community Education

Ages 8 – 13. Review and practice the four competitive swim strokes: Freestyle, Breaststroke, Butterfly, and Backstroke. Learn how to complete a flip turn, open turn, starting off the diving block, and relay exchanges. Participants should have basic skill development in freestyle and backstroke.

Please bring a towel and goggles.

Dates:
Mondays and Wednesdays
July 1, 3, 8, 10, 15, 17



Times:
Ages 8-10: 9:30 – 10:30am
Ages 11-13: 10:30 – 11:30am

Location: West Senior High School Pool

Use Athletic entrance, Door #18

Cost: \$72

Register online at westseneca.revtrak.net -or- QR code:



West Seneca Central School District - Community Education Registration Form

TO REGISTER

Call: (716) 677-3107

Drop off at Community Education office: East Middle School / 1445 Center Rd. door #37

Fax: (716) 677-3244

Student Last Name

First Name

Address

City/Town

Zip

Student Date of Birth

School

Grade

Parent E-mail

Parent name (print): _____ Parent phone #: _____

Course

/

Fee

Introduction to Competitive Swimming: Ages 8-10 -or- Ages 11-13 (Choose one) \$72

(Credit Card Fee: Add \$1) \$ _____

Method of Payment (check one): ☐ Check/Money Order ☐ Cash

☐ **Credit Card** *Discover/Visa/ MasterCard/American Express #***TOTAL ENCLOSED \$**

_____ Exp. Date _____

Name on Card: _____ Signature _____