

SPRING 2026 SWIM STROKE CLINICS

WEDNESDAYS

6:00-7:00PM

FITNESS CENTER POOL

ALL SWIM LEVELS WELCOME



FEBRUARY 4TH: FREESTYLE

IMPROVE TECHNICAL FORM AND ENDURANCE

FEBRUARY 11TH: BREASTSTROKE

LEARN TIMING, POWER AND TECHNICAL FORM

FEBRUARY 18TH: TURNS

**PROPER TECHNIQUE FOR TOUCH
TURNS AND FLIP TURNS**

FEBRUARY 25TH: BUTTERFLY TECH

INTRO TO DOLPHIN KICK, ARM MOVEMENTS AND FLOW

**GEORGETOWN
UNIVERSITY**
Capitol Campus



For more information, contact Sarah Dorman at sd1504@georgetown.edu

Accommodation requests related to a disability should be made at least 24 hours prior to classes or personal training sessions to Sarah Dorman, Director of Aquatics.