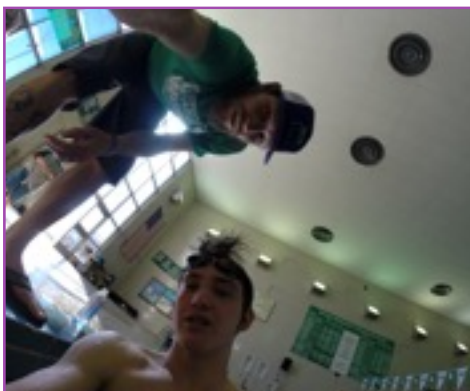
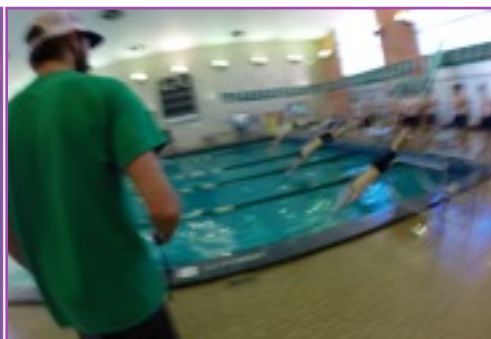
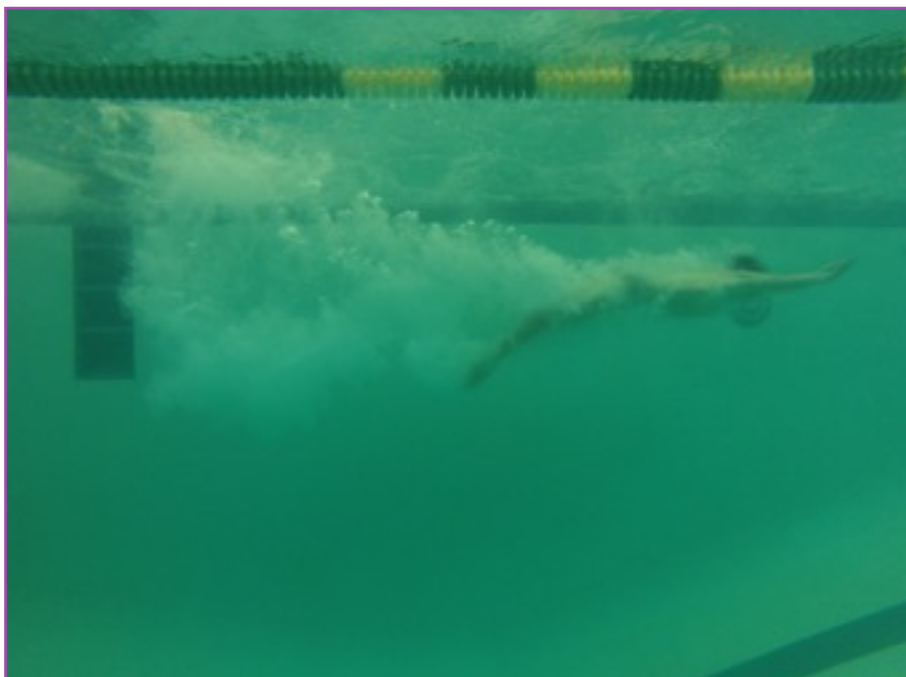




# Video Stroke Analysis



Swim Dogs will be offering Stroke Analysis sessions all summer long! This is a great opportunity to be able to see your strokes and address technique issues on an extremely personalized basis.

Each session will last 30-45 minutes, where video will be taken of each of the four strokes, starts, and turns. Video shots will be taken at a side view and frontal view.

Once the video making is completed, Coach Andrew will review the footage with you and send you a link to watch all of it on your own.

Stroke Analysis will be done by appointment only, Tuesday-Friday mornings from 10:30-11:30am.

To sign up, please email Coach Ryan at [coachryan@swimdogs.net](mailto:coachryan@swimdogs.net).

**WHEN?**  
Tuesdays-Fridays, summer  
10:30am-11:30am

**WHO?**  
Any Swim Dog member

**COST?**  
\$30/session