

breaststroke & butterfly swim

at naperville

Are you ready to learn the skills necessary to swim breaststroke and butterfly comfortably and efficiently? Coach Sue will take you through a six week series of short axis technique and drills to help you become a more proficient swimmer. Pre-requisite is a Free/Back clinic or comfortably swimming 1 mile in an hour. Please bring swim fins to class each week.

Maximum 12 participants

To register, call
Toni Kadera at 646-5917
For more information, call
Marianne Gerry at 646-5905

breaststroke&butterflyswim

Fridays 11 am – 12noon

October 3 – November 7, 2008

Cost for 6 week session

Member: \$52.00

Non-member: \$108.00