

swimstrokeclinic

at naperville

If you have conquered Ripples, the next step is a Beginner Freestyle & Backstroke Clinic. This class is designed for the advanced beginner. You will focus on perfecting stroke technique for both freestyle and backstroke and replacing inefficient swim styles with efficient methods. You will be introduced to various drills and the language of a swim workout as well as the flip turn. Prerequisite is two continuous lengths of the pool with proper breathing technique in the freestyle stroke.

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Sundays 1:45 – 2:45 pm

Session 6 weeks:

September 7 – October 12, 2008

October 19 – November 23, 2008

Wednesdays 8:00 – 9:00 am

September 10 – October 15, 2008

October 22 – November 26, 2008

Member: \$52.00

Non-member: \$108.00

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