

Swim Stroke Clinic

Adult Swim Clinic
At Seven Bridges

If you have conquered Ripples (adult learn to swim), the next step in your swimming journey is swim stroke clinic. This class is designed for the advanced beginner to **continue to perfect proper swimming technique for freestyle and backstroke**. You will learn many swimming drills and skills to help you focus on developing proper form to swim efficiently. You will work on increasing your swimming endurance, develop speed and learn the language of a swimmer. All participants should be able to swim lengths of the pool with proper breathing technique.

6 Weeks

Thursdays 6:15pm – 7:15pm

Session Dates

June 7 – July 19, 2018

(no class on July 5)

July 26 – August 30, 2018

Members: \$52

Non-Members: \$108

Don't wait to sign up – class size is limited!

Online registration: www.edward.org/classes or contact Jenny Ibrahim
(630) 646-7913 jenny.ibrahim@eehealth.org

For more information, please contact

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Edward-Elmhurst
HEALTH & FITNESS

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