

Swim Stroke Clinic

At Naperville

If you have conquered Ripples, 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 at least two continuous lengths of the pool with proper breathing technique.

6 Weeks

Wednesdays 8:00am – 9:00am

June 6 – July 18, 2018

(no class on July 4)

July 25 – August 29, 2018

Sundays 1:45pm – 2:45pm

June 10 – July 15, 2018

July 22 – August 26, 2018

Members: \$52

Non-Members: \$108

Online registration: www.edward.org/classes or contact Toni Kadera
(630) 646-5917 toni.kadera@eehealth.org

For more information, please contact

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Edward-Elmhurst
HEALTH & FITNESS

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