

# Ripples

## At Seven Bridges

For all adult beginner swimmers that would like **to learn to swim freestyle and backstroke with correct technique**. If you have never had formal swim instruction, this is where you should begin your journey into the swimming world. Proper technique is crucial for avoiding injuries and becoming an efficient swimmer. Instead of fighting your way through the water, come and learn to glide your way through. Classes are kept small so we can individualize your instruction and keep you learning at your own pace.

### 6 Weeks

**Thursdays 5:30pm – 6:15pm**

### Session Dates

**January 12 – February 16, 2017**

**March 2 – April 6, 2017**

**April 20 – May 25, 2017**

**Members: \$40**

**Non-Members: \$78**

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

For more information, please contact  
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