

# Swim Stroke Clinic

At Seven Bridges

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**

**Thursdays 6:15pm – 7:15pm**

**Session Dates**

**January 12 – February 16, 2017**

**March 2 – April 6, 2017**

**April 20 – May 25, 2017**

**Members: \$52**

**Non-Members: \$108**

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

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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