

Ripples

At Naperville

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

Wednesdays 10:00am- 10:45am

January 11 – February 15, 2017

March 1 – April 5, 2017

April 19 – May 24, 2017

Sundays 1:00pm - 1:45pm

January 8 – February 12, 2017

February 19 – March 26, 2017

April 2 – May 21, 2017

(no class on Easter, April 16 or Mother's Day, May 14)

Members: \$40

Non-Members: \$78

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

For more information, please contact

Alice Novotny (630) 646-5905

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Edward-Elmhurst
HEALTH & FITNESS

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