

# 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**

**January 11 – February 15, 2017**

**March 1 – April 5, 2017**

**April 19 – May 24, 2017**

**Sundays 1:45pm - 2:45pm**

**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: \$52**

**Non-Members: \$108**

Online registration: [www.edward.org/classes](http://www.edward.org/classes) or contact Toni Kadera

(630) 646-5917 [toni.kadera@eehealth.org](mailto:toni.kadera@eehealth.org)

For more information, please contact

Alice Novotny (630) 646-5905

[alice.novotny@eehealth.org](mailto:alice.novotny@eehealth.org)

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