

# The Advanced Stroke Clinic at Spa 23



Join us at Spa 23 for Advanced Stroke Clinic. This class is the next progression after Beginning Stroke Clinic. Advanced Stroke Clinic is designed to increase endurance and challenge your swimmer. This class is a valuable step for those interested in competitive swimming.

Minimum Age: 8 yrs old and must have completed Beginner Stroke Clinic.

**Wednesdays 6:15-7:15pm**

**Begins Sept. 13, 2017**

**Sept. 13, 20, 27 Oct 4, 11, 18, 25, Nov. 1**

**(Make up Nov 8 , 2017)**

**Cost:    \$201 Member        \$231 Non Member**