

Beginner Stroke Clinic at Spa 23



Join us at Spa 23 for a specially designed program which provides swimmers who have completed level 4 to move to the next level of intensity. The Beginner Stroke Clinic offers an hour of instructional swimming allowing for increased endurance and fitness, combined with improved stroke mechanics. This class will help your swimmer get stronger and prepare him/her for competitive swimming if desired.

Minimum Age: 7 years old

Tues: 6:15-7:15pm

Starts: April 11, 2017

**April 11, 18, 25, May 2, 9, 16, 23, 30, June 6
(Make up day June 6th)**

Instructor Tues: Jane Sungurov

Cost: Member \$201

Non Member: \$231