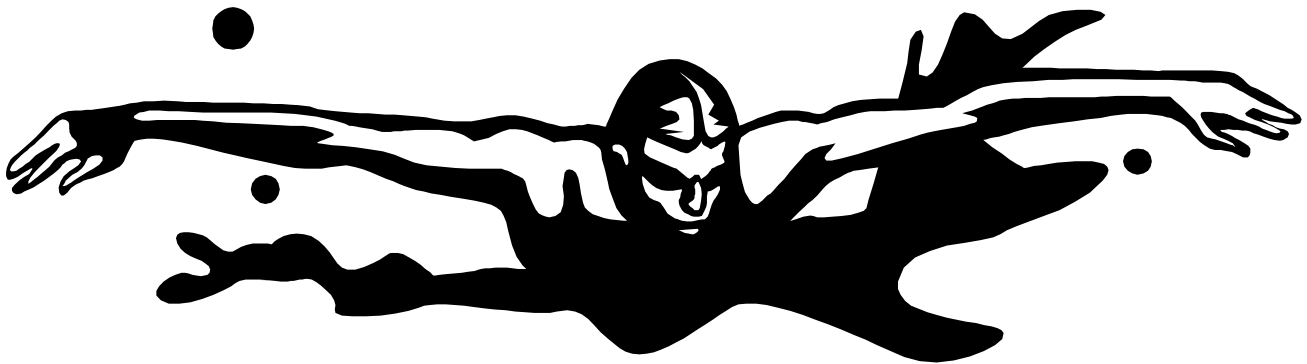


## ***Beginner Stroke Clinic at Spa 23***



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 : November 28 , 2017***

**Nov. 28, Dec. 5, 12, 19, Jan.2, 9, 16, 23, 30**

**No class on December 26!**

**(January 30, 2018 make up class)**

*Instructor Tues: Jane Sungurov*

*Cost: Member \$201*

*Non Member: \$231*