

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

Thursdays 6:15-7:15pm

Starts: Thursday Sept 14, 2017

September 14, 21, 28, Oct. 5, 12, 19, 26, Nov 2

(Make up class Nov 9, 2017)

Cost: Member \$201

Non Member: \$231