

# STROKE TECHNIQUE

# DROP-IN ADULTS



## 2012

(PAY AT THE FRONT DESK,  
WRISTBAND INCLUDED)

**Saturdays (6:30 - 8:00 A.M.)**

**January 21 | February 11 | March 3 | April 14**

This drop-in session will allow an experienced swim instructor to work with you during your workout to improve stroke technique with the goal of improving endurance and efficiency. This session is perfect for the fitness swimmer or triathlon competitor. There will be an Instructor available the following dates and times listed above; *there is no need to sign-up in advance.*

**\$10<sup>00</sup> Regular Rate per date**

**\$5<sup>00</sup> Shoreview Resident per date**



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