

Stroke Clinic

J U N E 2 0 0 9

Swimmers will work on stroke refinement, flip turns, speed improvement and starts. The Stroke Clinic is designed for intermediate to advanced level swimmers. It is a great way to brush up on strokes for swim team this summer season. Participants should be able to swim at least one length on front and back and have a basic understanding of freestyle, backstroke and breaststroke. Ages 6 & Up.

JUNE 22 - 25, 2009

Monday - Thursday 1:30 - 2:30 p.m.

Cost per day \$5.00 Members \$10 Non-Members

Cost per for all 4 days \$ 18.00 Non- Members \$35



Please contact Katherine Page, Aquatics Director at 336-882-9622 ext. 235 or katherine.page@ymcagreensboro.org if you have any questions.

Mary Perry Ragsdale Family YMCA 900 Bonner Dr. Jamestown, NC 27282

www.ragsdaleymca.org

The mission of the YMCA is to put Judeo-Christian Principles into practice through programs that build a healthy, mind, spirit and body for all.