

Stroke Development Class

Ages: 16 and up

This 45min drop-in Stroke Development class is designed for the aspiring swimmer that is a beginner tri-athlete, wanting to learn more about stroke technique or just trying to learn the basics of swimming.

All levels welcome, no commitment necessary.

Come once a week or come every week!

*Swimmers must have a basic understanding of freestyle, breaststroke and backstroke and be able to swim the strokes in 6 feet of water.

June 10-August 12

Thursdays, 5:45-6:30pm

Drop-in fee: \$5/\$4 Resident discount fee

5 class pass: \$20.00 fee/\$15.00 Resident Discount fee

