



REGISTER TODAY!

Questions:

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FREESTYLE SWIM CLINIC

SAT, OCTOBER 18: 12 PM - 3 PM

Targeted, one session, swim clinic designed to focus on stroke techniques, body position, early vertical forearm catch, turns, starts, and underwaters.

PROGRAM FEATURES:

- ✓ Experienced instructors
- ✓ Pool and Dryland Time
- ✓ Video Analysis
- ✓ Stroke Specific Drills



FEES:

Torpedoes - \$10
Swim Club - \$10
Y Members - \$15
Non-Members - \$25

**Twin Pike Family YMCA
Louisiana, MO
573-754-4497**