STROKE CLINIC

Give your kids a leg up for the swim team--or just help them develop a fun, healthy habit for life.

NEXT SESSION: January 10-February 20

STROKE DEVELOPMENT

Learn the fundamentals of freestyle, backstroke and breaststroke.

Mondays, 4:30-5:15pm

STROKE IMPROVEMENT

Stroke work on breaststroke and butterfly. Sprint and endurance work on freestyle and backstroke. (After this you'll be ready for swim team!)

Wednesdays, 5:00-6:00pm

STROKE REFINEMENT

Continued stroke work on all four strokes, in addition to starts and turns, endurance, sprints, introduction to Individual Medley. (Now you're not just doing strokes, you're doing them well!)

Sundays, by appointment

For more information, contact Tim Rider at 443-451-5940 trider@macwellness.com.

MAC Achieve Wellness℠