

BENSENVILLE WAHOO SWIM TEAM FALL STROKE CLINIC 2017



SEPTEMBER 5TH – SEPTEMBER 28TH, 2017
TUESDAYS & THURSDAYS
7:00P – 8:00P

Activity # 210801-01

RESIDENTS	\$70.00
NON-RESIDENTS	\$85.00

**5% AMUSEMENT TAX INCLUDED IN ABOVE PRICING.
ONLINE PRICING DOES NOT INCLUDE TAX, 5% AMUSEMENT TAX WILL BE ADDED
TO ONLINE PRICING AT CHECKOUT TO EQUAL ABOVE PRICING**

**The Bensenville Wahoo Swim Team is excited to announce their
Pre-Season Fall Stroke Clinic 2017!!!**

The purpose of the Fall Stroke Clinic is to learn or build proficiency in the four (4) basic competitive strokes: Freestyle, Backstroke, Breaststroke and Butterfly. The Stroke Clinic will also include techniques for Competitive Starts, Turns and Finishes.

Participants will train utilizing different drills to refine each of these strokes and techniques. Those who are proficient in the four (4) competitive strokes will focus on building strength, endurance and speed in each stroke and technique.

**THIS IS A GREAT OPPORTUNITY TO WARM UP FOR THE
WAHOO SWIM TEAM WINTER 2017-18 SEASON!!!**

REGISTER EARLY TO RESERVE YOUR SPOT!!!

Online registration available at www.bensenville.il.us

THIS IS NOT A SCHOOL SPONSORED ACTIVITY. NO PRO-RATING OR MAKE-UPS OFFERED.