

BENSENVILLE WAHOO SWIM TEAM SPRING STROKE CLINIC 2019



**APRIL 1ST – APRIL 25TH, 2019
MONDAYS & THURSDAYS
6:00P – 7:00P**

RESIDENTS	\$80.00
NON-RESIDENTS	\$95.00

**5% AMUSEMENT TAX INCLUDED IN ABOVE PRICING.
NO PRO-RATING OR MAKE-UPS. NO REFUNDS.**

**The Bensenville Wahoo Swim Team is excited to announce their
Pre-Season Spring Stroke Clinic 2019!!!**

The purpose of the Spring 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 SUMMER SEASON 2019!!!**

REGISTER EARLY TO RESERVE YOUR SPOT!!!

Online registration available at www.bensenville.il.us

THIS IS NOT A SCHOOL SPONSORED ACTIVITY.