



Freestyle Swim Clinics

Beginner:

- No previous swimming experience needed
- Learn swim basics: front float, back float, recovery from gliding and begin novice freestyle
- **Wednesday, September 11 @ 4:30 — 5 pm and Friday, September 20 @ 4:30 — 5 pm**

Intermediate:

- Tips to make your stroke more efficient
- **Thursday, September 12 @ 5 – 5:30 pm and Friday September 20 @ 5:30 — 6pm**

Advanced:

- Ways to improve your technique
- **Wednesday, September 18 @ 5 — 5:30pm and Friday, September 20 @ 5— 5:30pm**

Flip turns:

- Learn how to do a flip turn, **Tuesday September 10 @1pm-1:30pm and 4-4:30pm**

Sign up at the front desk *September 1—19, 2019.*

*You may
tend more than*

GE Fitness Center
Managed by  TriHealth

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GE for Me *sion.*