



CORNERSTONE AQUATICS CENTER

Sign up Today!! Kids Stroke & Fitness

- **One-hour workouts under coach's supervision**
- **Introduction to competitive swimming strokes and training techniques**
- **Focus on improving stroke technique via drills and constant feedback**
- **Starts & turns**
- **Great exercise & camaraderie with other swimmers**
- **For children ages 6 to 14**
- **Participants must be able to continuously swim 50 yards (two lengths of the pool) crawl stroke and have the endurance to participate in a one-hour swimming workout**

Session Dates:

6 Week Session

Saturdays 12:30-1:30 PM

Start Date: September 8th

End Date: October 27th

Cornerstone Members: \$160.00

Program Pass: \$195.00

Non-Member: \$235.00

