



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SMOOTH STROKES



## Aquatic Conditioning Class

This class incorporates drills and coaching to help you improve your strokes as well as interval training. It is a great class for **adults** who are looking for conditioning and increase stroke techniques for **youth** (must have completed all 6 stages) looking for exercise and fine tuning of strokes. Class is not as intense as swim team or a masters program.

Classes are geared towards a variety of different level, from those interested in improving their strokes, to tri-athletes.

**Days: Tuesdays**

**Dates: September 18-October 30**

**Time: 7:00-8:00pm**

**Fee: Y-Members \$40 General Public \$ 87**

**For more information contact Shari, Aquatics Coordinator,  
315-253-5304 ext 112 or [shari@auburnyma.net](mailto:shari@auburnyma.net)**



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