



Butterfly Stroke Clinic

*This 2-hour clinic is a focused training for butterfly stroke and is geared towards swimmers who know the basics of butterfly but need to improve and refine their technique.
NOT FOR BEGINNER SWIMMERS.*

CLINIC COVERS:

- ✓ Arm Pattern
- ✓ Kick Component
- ✓ Breathing Technique
- ✓ Timing

**REGISTRATION IS OPEN
SEPTEMBER 5 – OCTOBER 3
REGISTER AT THE SERVICE DESK**

OCTOBER 5

*12:00 - 2:00 p.m.
Pool 2*

*Members
\$25 + tax
Non-Members
\$40 + tax*

Ages 8+

***Swim clinic will be held
in Pool 2 and requires
that swimmers must
be able to swim the full
length of the pool
independently.***

QUESTIONS? Contact Linda Mauws at linda@pacific.clinic