

FREESTYLE DRILL CLINIC

Learn the Fundamentals

Saturday, October 27, 2018

11:00 am-12:30 pm

DesertView Pool

Instructor: Coach Susan

LEVELS:

Beginner

Intermediate



PREREQUISITES:

Swim 25 yds Freestyle/Front Crawl

Class Size: Limited to 20 individuals

Cost: \$20 per person

Sign Up: DV Fitness Center or SB2 Admin Office

Format:

Dry Land & Review Fundamentals of Freestyle (30 min)

Drill Progressions: A-Z swimming (60 min)

Equipment: Bring all your personal equipment!
(kick boards, snorkel, fins, extra towel, etc.)