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## Stroke Technique

This 6 week series is designed for swimmers 6 to 14 years of age that are on a swim team or plan to be. Each participant must be able to swim the length of the pool and have knowledge of all four swim strokes.

**Session I:** Sept. 10 - Oct. 19, 2018  
(Registration begins August 27th)

**Session II:** Oct. 22 - Dec. 7, 2018  
(Registration begins October 8th)

\$75 Members  
\$95 Guests

Parents or Legal Guardian must be a member.

Choose

Mondays, Wednesdays  
or Fridays

4:30 - 5:25 pm

**No class will be held the week of November 19 - 23.**

*Sign Ups available in the Customer Service Office.*

For more information on  
Swim Team Prep  
or any other Aquatic Activity,  
please call

**624-3421**

The *Lifestyle* Center  
A division of Kaweah Delta Health Care District  
[www.thelifestylecenter.org](http://www.thelifestylecenter.org)