

ADULT SWIM CLINIC

with **USAT Coach Nancy Cardoso**

It's never too late to learn to swim or improve your stroke!
Let Nancy give you one-on-one advice, drills and tips for making your Freestyle stroke more efficient, powerful and graceful, as well as help you prepare for your next swimming event. This 3-hour clinic includes a stroke assessment/evaluation and video analysis.

* Pre-registration required by Friday, March 18. Class size limited to 6.
Registration available online. Email Nancy at nancy@sunoaks.com with questions.

Dates: **March 19**
Time: **11 a.m. to 2 p.m.**
Cost: **Sun Oaks member-\$95**
 Non member \$125



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