

# Adult SWIM clinic

**Saturdays 11:00am - 2:00pm  
May 18th and June 15th**

**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. Overcome your fear of the water or a traumatic swim experience with Nancy's expertise. This 3-hour clinic includes a stroke assessment/evaluation and video analysis.**

*"Nancy went above and beyond what would be expected of a coach. I strongly encourage anyone wanting to improve their technique, instead of trying to madly kick or stroke to get to the other side of the pool, to invest the time into Nancy's swim clinic. I can honestly say that she, and the clinic, have changed my life."*

*-Sun Oaks Member*

**\* Preregistration required by Friday, June 1. Class size limited to 6.  
Register at [sunoaks.com](http://sunoaks.com) or email Nancy at [nancy@sunoaks.com](mailto:nancy@sunoaks.com) with questions.**

**\$95** /members  
\$125/non-members