

ADULT SWIM REFINEMENT

WITH JOE BAKER



*Refine your swimming skills with Coach Joe! **Using video feedback**, each swimmer will be able to observe and correct their stroke during class. With a main emphasis on freestyle and side-breathing, this class will cover stroke technique and have you swimming with **less effort and more skill**. All abilities are welcome.*

STARTS IN FEBRUARY!

SESSION 1: FEBRUARY 6-29
SESSION 2: MARCH 5-28
SESSION 3: APRIL 16-MAY 9
SESSION 4: MAY 14-JUNE 6

TUESDAYS & THURSDAYS 6:30-7:30PM
\$100 MEMBER, \$120 NONMEMBER
DROP-INS WELCOME, \$20 PER CLASS
BE ON THE LOOKOUT FOR WEEKEND CLINICS!

PRIVATE LESSON PACKAGES

4 X 30 MINUTE LESSONS: \$155 MEMBER, \$175 NONMEMBER
4 X 45 MINUTES: \$240 MEMBER, \$260 NONMEMBER
4 X 60 MINUTES: \$280 MEMBER, \$300 NONMEMBER

BUDDY SWIM PACKAGES (PRICE IS PER PERSON)

4 X 30 MINUTE LESSONS: \$100 MEMBER, \$120 NONMEMBER
4 X 45 MINUTES: \$150 MEMBER, \$170 NONMEMBER
4 X 60 MINUTES: \$180 MEMBER, \$200 NONMEMBER

Email
joe@sunoaks.com
with questions or to
register!