



# **Adult Stroke Clinic with Terry Kominski**



**This class is intended for lap swimmers who want to learn how to enhance their strokes through various drills and technical advice.**

**(If you are unsure of your ability level for this class, please see Terry)**

**Sunday, March 7<sup>th</sup> –  
Freestyle & Backstroke**

**Sunday, March 14<sup>th</sup> –  
Breaststroke & Butterfly**

**6:00pm – 6:30pm**

**Cost is \$50.00 (covers both classes)**

**(Provided at least 2 members sign-up)**