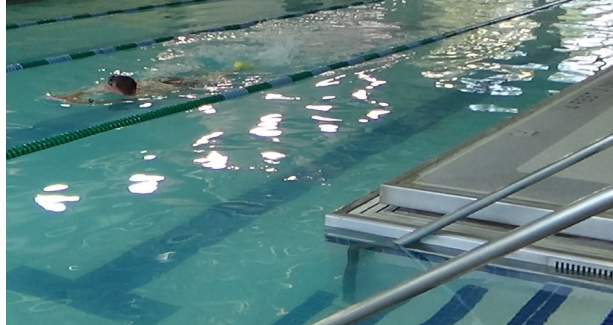


# Kaizen Swim Strokes

## Backstroke, Breaststroke, Butterfly



**8 week program\***

Member: \$160

Non-Member: \$180

**Wednesday Evenings 7:00 to 8:30pm**

**Starts July 12th**

\*No class July 19th (pools closed); drop-ins allowed for Swim Mastery Alumni or by approval from Shane.

Suitable for recreational swimmers who want to expand their way of moving through the water with grace and efficiency, focusing on skills and flow. Each session will focus on one or two of these strokes, developing the following skills:

- Hydrodynamics & Balance for all strokes
- Rotation for Propulsion & Grip and Press for Backstroke
- Whole Body Dolphin for Breaststroke & Butterfly

*Sign-up at the Front Desk at our Downtown Location or call: (607) 277-3861*



For more information contact Shane Eversfield:

**[Shane.eversfield@gmail.com](mailto:Shane.eversfield@gmail.com)**

**CAYUGACOACHING.ORG**