

Cayuga Coaching

Flip Turn and Stroke Clinics

Join Coach Shane Eversfield for this exclusive series of swim clinics!

Flip Turns

Thursday, April 13th

Backstroke

Thursday, April 20th

Breaststroke

Thursday, April 27th

Butterfly

Thursday, May 4th

7:00PM-8:00PM

Island Health & Fitness



Cost:

IHF/ITC Member \$18
Nonmember \$20

Sign up at the front desk of Island Health (607) 277-3861

For more information contact:

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A Collaborative Partner of Cayuga Medical Center



in partnership with Cayuga Medical Center