

**Sunday, January 14<sup>th</sup> – 4:00-6:00 pm**

**Sunday, January 28<sup>th</sup> – 4:00-6:00 pm**

**Sunday, February 11<sup>th</sup> – 4:00-6:00 pm**

**Sunday, February 25<sup>th</sup> – 4:00-6:00 pm**

**Sunday, March 11<sup>th</sup> – 4:00-6:00 pm**

- ◆ In water training, coaching and stroke evaluation.
- ◆ Strokes will be video taped for instant viewing and feed back.
- ◆ Includes handouts with stroke and training tips.
- ◆ Perfect for the Triathlete who needs work on their stroke or **ANYONE** interested in becoming a more efficient swimmer.
- ◆ Come prepared to swim!
- ◆ For swimmers 18 years and older.

**Cost: \$20 members/\$32 non-members**

**Space is limited and registration is required.**

**Register online at [www.prairielifitness.com](http://www.prairielifitness.com).**

**Look under Youth Class Registration**

**For more information contact Dayle Nervig, at [dnervig@prairielife.com](mailto:dnervig@prairielife.com) or 402-691-8546**

