



May 16th



Swim Technique Clinic

4:00pm - Four Stroke Clinic \$109.00

Non-AMFAMFIT
Members
Add \$15.00

6:00pm - Freestyle Clinic \$ 79.00

Rod Havriluk, founder of Swimming Technology Research, will be at American Family Fitness May 16th for a complete digital analysis of your stroke. See what the expert has to say about your stroke and how you can maximize your results in a short time!

For more information regarding this clinic please check out the STAR website at:

www.swimmingtechnology.com.



All sessions include classroom time post videotaping, etc.

Reserve now as space is limited (8 for the 4-stroke clinic and 12 for freestyle clinic) by e-mailing Debi Bernardes at coachdeb@gmail.com.

