

Ladies: it's
your turn in
the pool!

SWIMMIN' FOR WOMEN

TELL A
FRIEND!



*Does your body need a rest from running?
Has an injury taken you off your bike?
Can you keep up with your kids in the water?
LEARN HOW TO SWIM!
Swimming is an exercise you can do for life!*

SWIMMIN' FOR WOMEN

Tuesdays & Thursdays: 9:00—9:45 am

What will you learn?

- 4 basic strokes technique, including: body position, air exchange, & timing.
- How to read the clock.
- How to do flip turns.
- Overall comfort in water.

This clinic is RIGHT for you if:

- You need to work on "breathing."
- You took swim lessons as a child, but need a refresher.
- You want to learn a skill that can save your life.

This clinic is NOT right for you if:

- You can't swim at all or are fearful of the water.
- You already swim in a masters program.
- You don't have a sense of humor.
- You don't like to get your hair wet.

SWIMMING FOR WOMEN CLINIC

When: Tues/Thurs 9:00 am — 9:45 am
Registration is ongoing

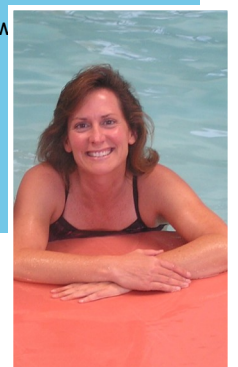
No makeups

Cost: \$78/month (four week month)
Tues coached/Thurs practice time

Where: SwimAmerica Davis
Indoor, 89° warm-water pool

Coach: Rose Cholewinski,
Program Director, Owner of Sw

Rose has been teaching adults & children to swim in the Davis area for more than 15 years. Opening SwimAmerica Davis' indoor facility in 2008 offered exciting new opportunities to offer our community a



"Rose's encouragement
& the fun group setting made
this clinic a perfect way for me to
ease into swimming in a
master's program" -
clinic graduate Katie Skoog.



REGISTER TODAY! CALL 530-759-1214!

Space is limited!

2121 Second Street

www.swimamericadavis.com

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