

5-week

MOUNT AUBURN CLUB

# VIDEO SWIMMING IMPROVEMENT COURSE

Sundays 6pm starting 8/1 OR  
Wednesdays 6pm starting 8/4

**Use underwater video to improve your swimming!**  
You will have private online access to your video clips, with voice-over commentary and printable action plans. Maximum class size is 8.

**All levels of swimmers welcome.** Most swimmers will want to work on their front crawl (which is usually called freestyle). More experienced swimmers can choose any stroke. Before enrolling, you should be comfortable swimming front crawl one length of the pool with "swimming breathing" (i.e., swimming with your face in the water, and rotating to the air to breathe).

**Cost:** \$175 for Members  
\$200 for Non-Members

**CONTACT:** To register please contact Reception 617-923-2255  
Questions? Please call Mike Thornton 617-923-2255 x 406

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