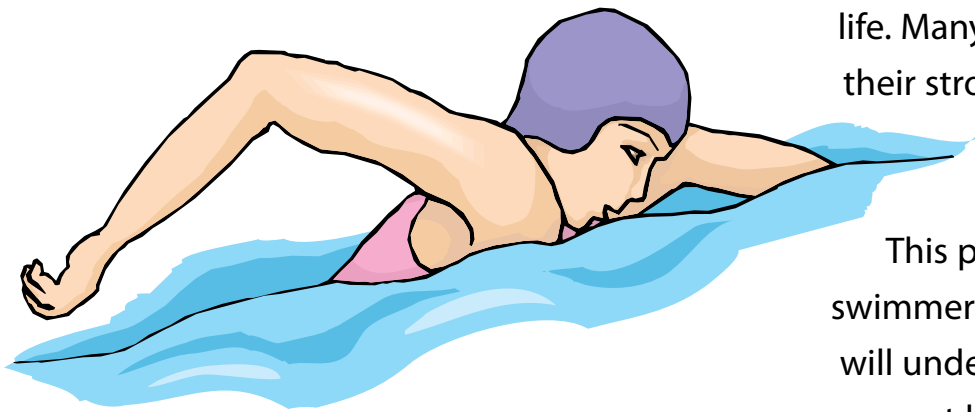


# Advanced Swimming Techniques

By Masters Coach Chris Jackson



Swimming is a low impact, highly aerobic, and full body exercise that can be used for life. Many swimmers have difficulty with their strokes that can be corrected with proper instruction.

This program is designed to make swimmers technically better. Participants will undergo a series of drills and tips to correct body position, pull phases, kick recovery for any stroke desired.

## Requirements:

Must be able to swim 400 yards • Fins • Goggles • Cap (If hair is long)

## Cost:

\$30 per half hour

For more information, call 954-345-2121  
or e-mail the instructor at [pkcjj@coralsprings.org](mailto:pkcjj@coralsprings.org)

The Coral Springs Aquatic Complex is located in the Sportsplex,  
which is just east of the Sawgrass Expressway between Sample Road  
and Royal Palm Boulevard, at 12441 Royal Palm Boulevard.

