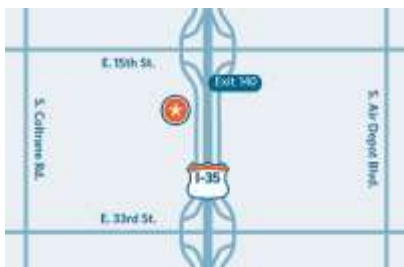




Mercy Fitness Center
2017 W. I-35 Frontage Road
Edmond, Oklahoma 73013
405.757.3300
mercyfitness.net



Adult Learn-to-Swim

Advanced

Registration December 11 – January 21
Session 1B January 8 – February 4 (4 weeks)
Session 1C February 5 – March 11 (4 weeks)
Class times:
Tuesdays and Thursdays | 6:00 p.m. – 6:30 p.m.
Location: Lap Pool
Member and non-member pricing available

This class focuses on advanced skill development through stroke refinement, endurance, and strengthening training drills. Every week, 1 of 4 strokes (freestyle, backstroke, breaststroke, and butterfly) will be highlighted throughout that week's workout. Registration required at the Customer Service Desk.