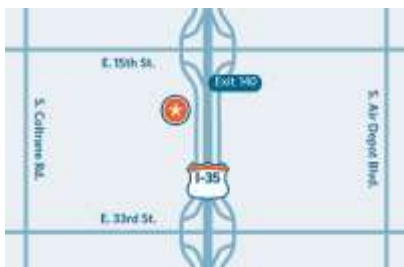




Mercy Fitness Center
2017 W. I-35 Frontage Road
Edmond, Oklahoma 73013
405.757.3300
mercyfitness.net



Elite Swimmers

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 | 6:30 a.m. – 7:15 a.m.

Location: Lap pool

Member and non-member pricing available

Elite Swimmers is for those who are over 18 and looking to improving their fitness level. Our focus will be skill development through stroke refinement, endurance, and strength training drills. One of four strokes (freestyle, backstroke, breaststroke, and butterfly) will be highlighted throughout each week's workout.