Shaw JCC Akron

Stroke Clinics

Fall 2020

Stroke Clinics are BACK with a few new protocols:

Spectators must wear mask
Must keep 6ft distance on benches
Must enter through fitness entrance
No gathering of any kind

ALL STROKE CLINIC SESSIONS RUN ON TUESDAY & THURSDAY FROM 5:30 - 6:30 PM

Improve your swim skills with stroke clinics after completing Red Cross LEVELS 4 & 5. Our swim team coaches will work with participants refine strokes and improve skills & stamina. This is a great way to get ready for the upcoming swim season or to improve strokes in general. You can register for all or pick and choose among them.

Cost (per week):

- $30 Member / Guest
- If you purchase all clinics, one week is free!

FREESTYLE	OCT 27 & 29
BUTTERFLY	NOV 10 & 12
BACKSTROKE	NOV 3 & 5
BREASTSTROKE	NOV 17 & 19
STARTS/TURNS	NOV 24 & DEC 1

If you have any questions, please contact our Aquatics Coordinator, Karly Smith, at ksmith@shawjcc.org. To register, please call the Fitness Desk at 330-835-0042.