



# SPRING 2019

## SWIM PERFORMANCE TRAINING

Midtown's Swim Performance Training program is the perfect cross-training workout for adult swimmers of all abilities who are looking to build strength and endurance while improving their technique in the water. All skill levels welcome.

**SESSION DATES: APRIL 9-MAY 21**  
**TUESDAYS 6:45-7:45PM**  
**7 WEEK SESSION \$98**

Register at [midtown.com/classes-programs](http://midtown.com/classes-programs)

For more information, contact Kaitlin Kulick at 847.496.2490 or [kaitlin.kulick@midtown.com](mailto:kaitlin.kulick@midtown.com)

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