



SUMMER 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: JUNE 11-AUGUST 9

TUESDAYS 6:00-7:00PM

FRIDAYS 5:30-6:30AM

9-WEEK SESSION \$126

Register at midtown.com/classes-programs

For more information, contact Kaitlin Kulick at 847.496.2490 or kaitlin.kulick@midtown.com

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ATHLETIC CLUB®