



Kiwanis Natatorium



CHANNEL CHAT / WATER WALKING CLINIC

#510430 once a Month

Interested in learning the proper technique in walking the current channel?

Come hear about successful walkers in the challenge to lose weight or gain back some physical strength.

Sign up for the 20 minute clinic with an additional 10 – 15 minute in-water observation and/or demonstration of a proper walking style.

AGES 18 and older

DATES -

June 10

July 15

August 5

10:00AM 510430-06 or

10:00AM 510430-07 or

10:00AM 510430-08 or

TIMES

7:00PM 510431-06

7:00PM 510431-07

7:00PM 510431-08

FEE: \$3.00 per person (\$1.00 member discount) Maximum of 9 per Clinic.