



# SWIM CLINICS

for beginners to advanced  
Dinah E. Gore Fitness & Aquatics Ctr

## STROKE CLINICS

(to improve stroke performance & efficiency)

Freestyle

Backstroke

Breast Stroke

Butterfly

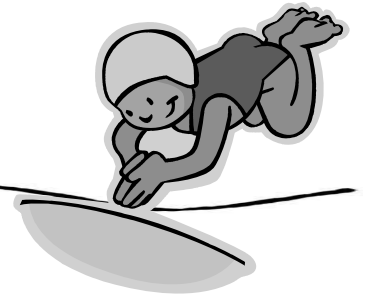
Flip Turns

## DIVE CLINICS

Beginning Diving

Competitive Diving

**\$5 members/\$10 non-members**



SilverSneakers is a fun, energizing program that helps YOU take greater control of your health! SilverSneakers is a benefit offered to members of many Medicare plans across the U.S. If you are part of a Medicare health plan or if you are a group retiree you may already have the SilverSneakers benefit.

Eligible participants receive a FREE membership to the Fitness & Aquatics Center.

Other benefits include:

- \*customized classes designed exclusively for adults age 65+ to improve strength, flexibility, balance and endurance
- \*assistance from specially trained staff to begin an exercise routine and get familiar with exercise equipment, health education seminars & other events that promote a healthy lifestyle
- \*member-only access to online support to help you lose weight, quit smoking, or reduce your stress

FOR MORE INFO,

910-846-BFIT(2348) or [www.bccfitness.com](http://www.bccfitness.com)

