



Competitive Swimming
Stroke Analysis
featuring underwater video

Powerful Technology to Identify
Mechanical Flaws & Improve Your Stroke
One-on-One Sessions

- Expert instruction using visual feedback via the best underwater video technology available
- View your stroke from up to **nine perspectives**—surface and underwater views from the front, back, and both sides, as well as a “swim-over” cam
- Identify mechanical flaws, practice corrections, and SEE the improvements—all in a single session

Each session includes:

- Brief warm-up and initial (“before”) filming (10-15 minutes)
- Review video and discuss with instructor (10-15 minutes)
- Practice corrections (via drill-work) (10-15 minutes)
- Secondary (“after”) filming (10 minutes)
- Wrap-up video review (10 minutes)

One-Hour Sessions: \$139 (Members) \$175 (Program Pass)

Take home a compact disc of your swimming video (including instructor audio comments) for an additional \$25

Want to re-check your stroke throughout the year?
Purchase four sessions at once and receive 25% off!

Cornerstone Aquatics Center

55 Buena Vista Road • West Hartford, Connecticut 06107 • 860-521-3242
www.swimcornerstone.com