

# Senior Swim Lab

Friday Afternoons 1:00—2:00 pm

A one-hour session of hands-on group instruction in the warm pool. We gently and patiently explore:

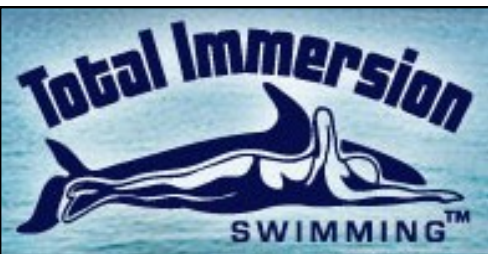
- Ease, balance and relaxation in the water
- Elements of efficient freestyle (crawl) swim technique
- Breathing with freestyle
- Sustainability

**Drop-in Fee: \$20**



In this playful environment, we interact with one another to teach and encourage participants under the guidance of Total Immersion Swim Master Coach Shane Eversfield, and Coach Carter Thomas!

Open House Launch Day  
February 8th 1:00-2:00 PM



For more information contact Shane Eversfield:

**Shane.eversfield@gmail.com**

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