



Swim Technique for Triathletes & Advanced Swimmers

Preparing for a Triathlon?

2nd Session Begins March 11th!

Need to Increase Efficiency?

Want to Improve Swim Technique?

A 6 week series designed to improve stroke technique. Drag reduction, better balance in the water, and more powerful freestyle strokes will be taught. In water video taping, in water instruction, and web based technique videos will be used. Lessons will include a short workout each session with an emphasis on stroke drills. Instruction will be given by local Masters Swim coach Danny Kornblatt.

Classes will be held on Sundays 10:00am – 11:00am starting March 11th

****First class will run until 11:30am****

****No Classes March 25th & April 15th****

See the front desk for more information and to sign up.