



ADULT SWIM WORKOUT

with Coach Brenda Hogan

Tuesdays & Thursdays, 8:05 - 9:00 am

June 18th - July 30th

Brenda will direct a challenging workouts for all Adult Swimmers. Different workouts will be created for each day to motivate you in the water.

The workouts will aim to:

- Build up your endurance
- Improve your stroke technique

This is a great way for you to vary your workouts by jumping in the pool! Triathletes looking to improve your swimming - this is for you!

Must be able to swim at least 100 yds. freestyle.

Cedardale Members FREE

Non Members \$120

Note: No practice on July 4th

Contact Stacy Roberts with questions at:

sroberts@cedardale-health.net (978) 373-1596



Adult Swim Workout

Name: _____

Member? Yes No

Address: _____

Phone _____

Email: _____

Summer Session: June 18th - July 30th

Signature: _____