

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!

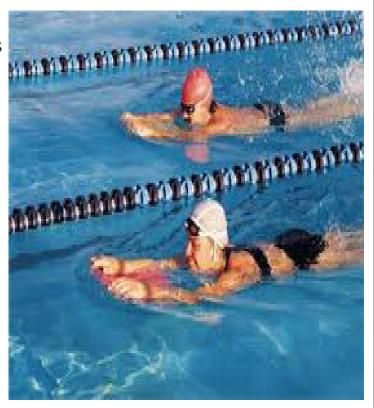
Must be able to swim at least 100 yds. freestyle.

Cedardale Members FREE Non Members \$120

Note: No practice on July 4th

Signature:

Contact Stacy Roberts with questions at: sroberts@cedardale-health.net (978) 373-1596



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Member?	Yes	No
Phone		
Summer Session:		June 18th - July 30th
	Phone	Member? Yes Phone Summer Session: