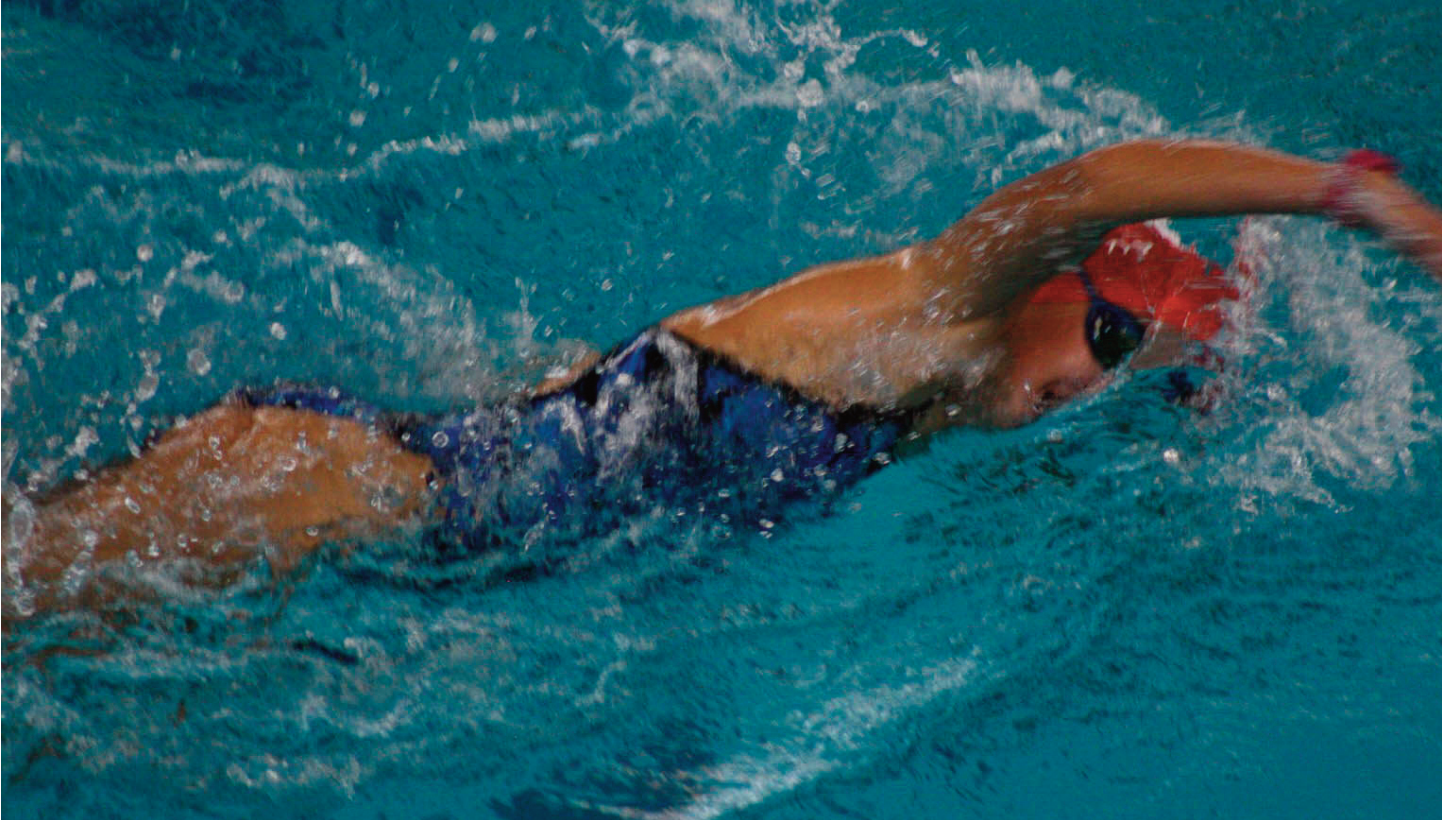


Swim Smarter Swim Faster Clinic

Led by Karyn Scherer - Level 2 USMS Coach, Ironman Competitor, Open Water Swimmer



Focus: Improve your speed • Improve your efficiency • Swim smarter Swim Faster

If one or more laps leaves you breathless and you'd like to improve your speed & efficiency, this clinic is for you! Whether you are training for a Triathlon, or swimming for fitness this clinic will improve your pace control, efficiency and speed.

Mondays • 5:00-5:45pm
May 9 - June 20 • 6 weeks

(No Class Memorial Day - Monday, May 30)

\$70 members / \$95 nonmembers

Max 10 participants • Call today to reserve your spot!

