

POSTURE

PT Workshop Series

FREE

Just like on land good posture is vital in the water.

Good posture allows a swimmer to hold a great aquatic line while swimming, reducing resistance, allowing them to be more fish like and slip through the water with more ease.

Wednesday, Nov. 6
4:30-5:30pm

*Free to Community · Pre-enrollment required
limited to 12 spots, first come first served*

HOW TO ENROLL

- 1. In person at TSH**
- 2. Call us - 802.253.9229**

