

# ADULT SWIM WORKOUTS

An organized swimming workout for adults with a coach on deck

## Practice Schedule:

Monday	5:30-6:30 am	Mike
Wednesday	5:30-6:30 am	Mike
Friday	5:30-6:30 am	Mike



## Prices:

Center or All County Membership	Included
Daily Fee	\$7.00

## Workouts focus on:

- \*Triathlon conditioning
- \*Stroke improvement
- \*Stroke Confidence
  - \*Fitness
  - \*Endurance
  - \*Breathing
  - \*Kicking
- \*Race Technique
- \*Starts and turns

Come get a great workout!