

# Private Swim Coaching *With Sue Norberg*



Whether you're training for a triathlon, Women Swimmín' or need more variety in your swim workout, Sue can guide you. Improve skills, efficiency and conditioning and enjoy a workout created specifically for you! Individual and small group packages are available — call or stop by the Front Desk for details.



**(607) 277-3861**

**310 Taughannock Blvd**

**[www.islandhealthfitness.com](http://www.islandhealthfitness.com)**