

# Please Join Us for Senior Swim Lab

With two great options a week, participate in a one-hour session of hands-on group instruction in the warm pool. We gently and patiently explore:

- Ease, balance and relaxation in the water
- Elements of efficient freestyle (crawl) swim technique
- Breathing with freestyle
- Sustainability

**Drop-in Fee: \$12**



**Tuesday and Friday Afternoons 12:30 - 1:30p**

**In this playful environment, we interact with one another to teach and encourage participants under the guidance of Total Immersion Swim Master Coach Shane Eversfield, and Coach Carter Thomas!**

**Join Us every Tuesday and Friday!  
Participate in the Warm Pool or observe from the Deck.**



For more information contact Shane Eversfield:  
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