

# Swim Mastery 2017

## Program Offerings

**Sign Up at the front desk of Island or call 607-277-3861**

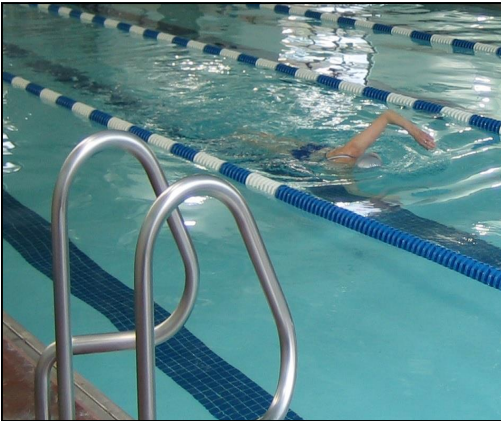
### Total Immersion Level 1

Member: \$160

Nonmember: \$180

Tuesday Nights 7-8:30pm  
Starts May 9, 2017

- ◆ Novice/Intermediate – Basics of efficient endurance swimming technique.
- ◆ Prerequisites: basic knowledge of freestyle stroke and comfort in the water



### Total Immersion Level 2

Member: \$160

Nonmember: \$180

Monday Nights 7-8:30pm  
Starts May 8, 2017

- ◆ Intermediate/Advanced – Advanced aspects of efficient endurance swimming technique.
- ◆ Prerequisites: completion of Level 1

### Kaizen Swim Mastery

Member: \$160

Nonmember: \$180

Thursday Evenings 7-8:30pm  
Starts May 11, 2017

- ◆ Experts only class. Must have prior approval from Shane to sign-up.



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