

Swim Mastery

April Level 2 Class



Total Immersion™ Swim Mastery Level 2

8 week program

COMING SOON!

Intermediate/Advanced –
Advanced aspects of efficient
endurance swimming technique.

Prerequisites: completion of
Level 1 or approval from Shane

Taught by Total Immersion™
Master Coach Shane Eversfield.



For more information contact Shane Eversfield:

Shane.eversfield@gmail.com

CAYUGACOACHING.ORG