

Swim Mastery

September Level 1 Class



Total Immersion™ **Swim Mastery Level 1**

8 week program
Member: \$160; Non-Member: \$180

Monday Nights 7:00pm-8:30pm

Starts September 11th
(No Class October 9th)

Novice/Intermediate – Basics of efficient endurance swimming technique. Ideal class to prepare for triathlons & open water swimming!
Prerequisites: basic knowledge of freestyle Stroke and comfort in the water.



For more information contact Shane Eversfield:

Shane.eversfield@gmail.com

CAYUGACOACHING.ORG