



OPEN WATER SWIM TRAINING SUMMER 2012

Personalized swim coaching in beautiful Tunstall Bay!

Thursdays July 5, 12, 19, 26

6:30 - 7:30pm \$99

Maximum Registration 8 per Session

Wet Suits strongly recommended

Skill pre-requisite: must be able to swim 10 minutes continuously

Each class includes swim specific core strengthening exercises followed by a graduated program of effective stroke drills, body positioning, breathing and kicking techniques.

Registration: Mary Letson

Positively Fit Training Studio

604 947-9601

positivelyfit@telus.net

A Certified lifeguard and Canadian Swimming Coaches and Teachers Association member, Billi's 16 years of experience, combined with her enthusiasm and passion for swimming makes every session a skill developing delight!

