

ATTENTION SWIMMERS!!!!

A new class is being offered for Adults who want to improve their swimming strokes and/or train for triathlons....



When: 5 week class

Tuesdays and Thursdays

6:00-7:00 am

November 29th-December 29th

**Instructor: Jane Sungurov, certified coach
for Cougar Aquatic Club**

Cost: Members \$179 for 10 training session

Non-Members: \$199

