

Triathlon/ Open Water Swim Program



In this program :



- *Achieve better Distance per Stroke
- *Guaranteed formula--you can't fail
- *Train your core muscle system
- *Connect with the water
- *Swim with comfort

Led by Instructor Pam Banks,
With over 30 years experience in the water
Including competing on a world level and
setting national records plus All American
In the Backstroke. Pam has also competed
In several Triathlons herself, and is an
Accomplished swim coach.

NEW DAY!!!

Tuesday 8:30-10Pm

Meets once a week for 6 weeks

Meets:

September 21, 28

October 6, 13, 20 & 26

STAY in SHAPE!!

Cost:

Member: \$89

Nonmember \$119

Drop in:

M-\$20 N-\$25

Spa 23
Health & Racquet Club

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Pompton Plains, NJ

973-839-8823 www.spa23.com

Space limited to 15