

# 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.

Cost:

Member: \$119

Nonmember \$149

Drop in:

M-\$20 N-\$25

*Spa 23*  
Health & Racquet Club

381 Rt 23.

Pompton Plains, NJ

973-839-8823 [www.spa23.com](http://www.spa23.com)

**Thursday 8:30-10Pm**

Meets once a week for 8 weeks

**Round 2: meets**

July 8, 15, 22, 29

August 5, 12, 19 & 26

**Round 3: Meets**

September 9, 16, 23, 30

October 7, 14, 21 & 28

**4 week Mini session:**

December 2, 9, 16 & 23

Cost: M \$60 N \$75

**Space limited to 15**