

Triathlon/ Open Water Swim Program



In this 8 week 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.

Spa 23
Health & Racquet Club

Thursday 8:30-10Pm

Meets once a week

for 8 weeks

Begins Thursday, 4/29

No Class 5/6

Cost:

Member: \$119

Nonmember \$149

Drop in:

M-\$20 N-\$25

Space limited to 15

381 Rt 23. Pompton Plains, NJ 973-839-8823 www.spa23.com