



ADULT SWIM WORKOUT

Mondays & Thursdays, 9:00 - 10:00 am

Session 1: Sept 24 - Nov 1
 Session 2: Nov 5 - Dec 13

Session 3: Jan 7 - Feb 14
 Session 4: Mar 4 - April 11

Coaches Brenda Hogan & Stacy Roberts will direct a challenging workout for all Adult Swimmers. Different workouts will be created for each day to motivate you in the water.

The workouts will aim to:

- Build up your endurance
- Improve your stroke technique

This is a great way for you to vary your workouts by jumping in the pool! Triathletes looking to improve your swimming - this is for you!

Must be able to swim at least 100 yds. freestyle.



Fees:

Cedardale Aquatic Members	FREE
Non Members	\$120/session

Contact Stacy Roberts with questions at:
 sproberts@cedardale-health.net (978) 521-7700 ext 105

To be held at the Cedarland Aquatic Center.

Adult Swim Workout

Name: _____

Member? Yes No Member Type: _____

Address: _____

Phone _____

Email: _____

Session #1 Sept 24 - Nov 1 Session #2 Nov 5 - Dec 13*
 Session #3 Jan 7 - Feb 14 Session #4 Mar 4 - Apr 11

**Make-up Day for Thanksgiving: 12/20*

Signature: _____

Total Due: _____ Amt Paid: _____ Dsk Int _____