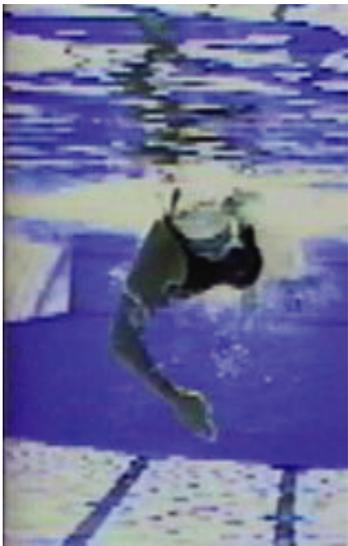




Noontime Swimming Program at the Lawrence YMCA!

Swimming From the Core

Program Begins February 1st
at the Lawrence Branch YMCA



What is it?

Freestyle swimming technique for triathletes and fitness swimmers. Taught from the inside out. Underwater video. Core strength conditioning in and out of the pool.

When

Noon-1 PM, Tuesdays and Thursdays, six sessions total, beginning Thursday February 1, 2007.

Cost

\$115 for YMCA or TriFury Triathlon Club members
\$125 for all others

For more information...

Pick up a flyer at the front desk, or contact Bill Steele of Breakwater Sports at 978-290-1445.

To sign up...

Call or visit the front desk at the Lawrence Branch YMCA:
978-686-6191



Instruction by Bill Steele
of Breakwater Sports
Certified USA Triathlon Coach

www.breakwatersportstraining.com

