



Free Underwater Video Evaluation!

One Day Only

Sunday January 14th
At the Mount Auburn Club
2:00 - 5:00 PM
Sign up at the Front Desk

Limited availability
Maximum eight persons per hour

Each 45-minute session is approximately
15 minutes in the pool with the remaining
time out of the pool for analysis.

New Programs Begin January 21 **Breakwater Freestyle** **at the Mount Auburn Club**

Get a brochure or sign up at the Front Desk.



Instruction by Bill Steele
of Breakwater Sports
Certified USA Triathlon Coach
www.breakwatersportstraining.com

