

TRIATHLON SWIMMING CLINICS



- An 8 - week swimming training program
- Before and after individualized video stroke analysis
- Before and after swim testing to identify progress and improvement
- Both individual and group instruction and feedback

SESSION 1 – LE MOYNE COLLEGE

When: Sundays – Beginner 9 – 10:30 am
Intermediate 10:30 – 12 pm

Dates: February 27
March 6, 13, 20, 27
April 3, 10, 17

Where: Le Moyne College Athletic Center
1419 Salt Springs Road
Syracuse, NY

Cost: \$200 or \$30/class

SESSION 2 – LE MOYNE COLLEGE

When: Sundays – Beginner 9 – 10:30 am
Intermediate 10:30 – 12 pm

Dates: April 23 (Saturday Class)
May 1, 8, 15, 22, 29
June 5, 12

Where: Le Moyne College Athletic Center
1419 Salt Springs Road
Syracuse, NY

Cost: \$200 or \$30/class

If interested, please email or call to
reserve a spot.

Mail Checks To:
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