

TRIATHLON SWIM PROGRAM

Be ready for your 2019 Triathlons

Each class will focus on freestyle stroke through:

- Swim Drills to become more Efficient and Improve Form
- Work on stroke power
- Speed Workouts
- Endurance Training

Specific Cam recording days to focus on your stroke

Homework emailed weekly to practice.

**This class is for Swimmers/Triathletes that can swim freestyle for 1/2 mile non stop*



**Classes Starts
January 14, 2019**

Mondays: 7:00-8:00 PM
Start Date: January 14, 2019
Duration: 8 Weeks
Location: Latitude Sports Clubs Lap Pool
Members \$128 Non-Members: \$238

***Class size limit to 12 swimmers!**

Triathlon Swim Program Registration... Class Starts: 1/14/2019 Class Ends: 3/4/2019

First Name: _____ Last Name: _____

Street Address: _____

City: _____ State: _____ Zip code: _____

Date of Birth: _____ Phone: _____

Email: _____

Member \$128____ Non-Member \$238____ Fitness Trainer: Pam Houck

*(Non-member has the option to become a member and have full use of the facility, including pool for swim homework)

Emergency Contact: _____ Phone: _____

Latitude Sports Clubs will not be held responsible for any accidents or injury on Latitude premises. I also give my consent to appear in photographs for potential marketing purposes.

Signature: _____ No Refunds

Currently Swimming distance: _____ Number of swim sessions per week: _____



LATITUDE
sports clubs

Questions: Contact Pam Houck Phone: 978.697.5627 Email at pahouck@gmail.com