

March & April 2010 SWIM BOOT CAMP

Endurance Swimming

Looking for a little more than a swim lesson? This class will get you into shape and teach you nutrition and stretching fundamentals. Focusing more on endurance and less on technique, this class is for the advanced swimmer.

For: Level 5 and up

When: Instruction-Mar. 3, 10, 17, 24, 31, Apr. 7, 14, 28

Pool Time-March 1, 8, 15, 22, 29, April 5, 12, 26

Days: Mon 7:00-7:45p

Wed 5:15p-6:00p

Cost: \$169 (8 classes, 8 practice sessions) or \$90/mo

Bring: Bathing Suit, Towel, Goggles



Prospective students must speak with an instructor before registering for the class.



Westfield Water Sports

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