

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 – Advanced* 8 – 9 am
Beginner 9 – 10:30 am
Intermediate 10:30 – 12 pm

Dates: February 5, 12, 26
March 4, 11, 18, 25
April 1

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

Cost: \$200 or \$30/class *(\$150 – Advanced)

SESSION 2 – LE MOYNE COLLEGE

When: Sundays – Advanced* 8 – 9 am
Beginner 9 – 10:30 am
Intermediate 10:30 – 12 pm

Dates: April 15, 22, 29
May 5 (Sat), 19 (Sat), 20, 27
June 2

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

Cost: \$200 or \$30/class *(\$150 – Advanced)

CAZENOVIA COLLEGE

When: Mondays 5:30 – 6:45pm

Dates: February 6, 13, 20, 27
March 5, 12, 19, 26

Where: Schneeweiss Athletic Complex
Liberty Street
Cazenovia, NY

Cost: \$200 or \$30/class

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

Mail Checks To:
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