



# Adult Lap Swim Training

Did you swim competitively in high school or college? Or do you want to train like a competitive swimmer or triathlete? This program consists of structured swimming workouts, stroke technique, and an intense workout written to suit your ability.

**WHEN:** Tuesdays & Thursdays 8:00 p.m.-9:00 p.m.  
 Sunday 11:00 a.m.-12:00 Noon  
 Beginning Tuesday, January 3th through Thursday, March 16th  
 No class: Sunday, February 26

**WHERE:** The deep end of the pool at the Town of Tonawanda Aquatic & Fitness Center.

**WHAT:** Structured workouts based on your conditioning, experience and ability and may include all four of the competitive strokes at various distances and intervals.

**HOW:** Registration for: Members: Monday, December 5  
 Non-Members: Monday, December 12

**COURSE #:** Register for course # 141070-01 at the front desk



Sample freestyle interval based workouts  
and approximate distances:

Group #1: 100's @ 1:25 ~4000 meters

Group #2: 100's @ 1:35 ~3700 meters

Group #3: 100's @ 2:00 ~3200 meters

### Program Fee Options

	Members	Non-Members
Class Fee:	\$ 99	\$165 (This is an eleven week session!)
Pay As You Go	\$ 5	\$ 7
Punch Card:	\$ 40	\$ 60
Surf & Turf (annual fee)	\$ 215	Resident/Non-Mem. \$355 Non-Resident/Non-Mem. \$405

Joseph H. Emminger, Supervisor  
Town of Tonawanda

Dan Crangle, Councilman  
Chairman, Youth, Parks & Recreation Committee

Jeffrey P. Ehlers, Director  
Youth, Parks & Recreation Department