



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.

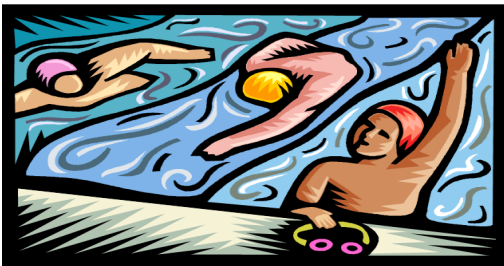
WHEN: Tuesdays & Thursdays 8:00 p.m.-9:00 p.m.
Sunday 11:00 a.m.-12:00 Noon
Beginning Tuesday, January 2nd through Thursday, March 18th
No class: Sunday, January 14, February 25, March 11

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 4
Non-Members: Monday, December 11

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:	\$ 90	\$ 150
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