

TRIATHLON SWIM CLINICS

Sunday, December 18th– 4:00-6:00 pm

Sunday, January 8th– 4:00-6:00 pm

Sunday, January 22nd– 4:00-6:00 pm

Sunday, February 5th– 4:00-6:00 pm

Sunday, February 19th– 4:00-6:00 pm

- ◆ In water training, coaching and stroke evaluation.
- ◆ Strokes will be video taped for instant viewing and feed back.
- ◆ Includes handouts with stroke and training tips.
- ◆ Perfect for the Triathlete who needs work on their stroke or **ANYONE** interested in becoming a more efficient swimmer.
- ◆ Come prepared to swim!
- ◆ For swimmers 18 years and older.

Cost: \$20 members/\$32 non-members

Space is limited and registration is required.

Register online at www.prairielifitness.com.

Look under Youth Class Registration

**For more information contact Dayle Nervig, at
dnervig@prairielife.com or 402-691-8546**

