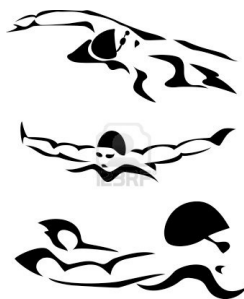


WANT AN EARLY-MORNING SWIM WORKOUT?

Join the 4th Annual August
CHSRC MASTERS SWIMMERS



What It Is:

- A 1-hour swim team practice coached by Cardinal Hill Swim Team coach Steven LeDuc.
- Workouts tailored to swimming ability/stroke preferences/lane assignments
- Emphasis on improved conditioning and stroke technique
- Instruction in all 4 competitive strokes (to those who want to swim strokes other than freestyle)
- Multiple swimmers per lane
- Circle swimming
- Use of pace clocks, kickboards, and pull buoys (where appropriate)

What It Is NOT:

- Adult swim lessons
- Self-directed lap swimming

Practice Schedule:

- Monday, Wednesday, Friday: 6:30 - 7:30 AM
- Sunday: 7:00 - 8:00 AM

Practices Begin: MONDAY, 8/3 --- End: SUNDAY, 9/6

- In the event of heavy rain/thunder/lightning, practice will be canceled

Program Cost:

- Flat Fee: \$80- unlimited practices (20 potential dates)
- Bring check made out to "Steven LeDuc" at 1st practice

Contact Information:

- Steven LeDuc - steven.mduc@gmail.com

