

Masters Swim 101



Come swim with the Tsunami Masters

Saturdays 10:45-11:30 : June 1- June 22
4 Sessions \$60

So you know how to swim some, and want to be doing a little more with it for exercise. Are you thinking, "Now WHAT?"

THIS is the next step. Come learn the following with us:

1. What a "set" is.
2. How to do a flip turn.
3. Why you should do a flip turn.
4. What circle swimming is.
5. More efficient swimming.
6. Stroke improvement (video analysis).
7. How to have a great pool workout with friends.
8. How to read a pace clock.
9. Last but not least, to have fun in the pool when working hard!

Contact Coach Jeff to sign up now

Jeffwaddle@yahoo.com 843-422-6766