

Breakwater Freestyle 1 Ten-Week Program at the Mount Auburn Club



Wednesday Evenings 7:00-8:30 PM Beginning August 4, 2010

Objective: Learn efficient freestyle technique.

Participants: This program is for newer fitness swimmers and triathletes. It may be appropriate for former competitive swimmers who have focused on sprints, as opposed to distance events. Contact Coach Bill (below) if you have any questions or would like a swimming evaluation.

Training Method: A progressive set of drills is used to teach the fundamentals, one aspect at a time. Video is used to provide feedback during *all* lessons. E-mail reminders and online video clips may also be used.

Sessions: 90-minute pool sessions once a week for ten weeks.

Class size: Maximum 8 students

Cost

- \$270 (club members)
- \$300 (non-members)

Coaching by Bill Steele: USA Triathlon Certified Coach (USAT), MIT Triathlon Coach, American Swim Coach Association (ASCA), Triathlete and Open Water Racer (Alcatraz AG champion, 2007)

To register: Call or visit the Mount Auburn Club Reception Desk: **617-923-2255 x254**.

Program Questions? Contact Bill Steele - 978-290-1445 - bstele@mountauburnclub.com

Registration Questions? Contact Dory Berman - 617-923-2255 x362 - dberman@mountauburnclub.com

Anybody can swim. Any swimmer can swim better.
www.breakwatersportstraining.com

