

SWIM BETTER

SQUAMISH PIRATES
SWIM CLUB

SPECIAL SWIM TRAINING SESSION

SWIM CLUB CONTACT:
KRISTI BANE-ALLEN
Email: krba@look.ca

IS YOUR SON OR DAUGHTER COMPETING IN THE

Kids of Steel Triathlon-May 9 2010

Do they need to improve their swim technique?

Would you like them to have some coaching ?

The Pirates Swim Club can help you enjoy and perform better at this event



This is what we have available :

Thursday evenings: April 8-May27

15 swimmer positions available 4:45-6:00 pm

10 swimmer positions available 5:45-7:00pm

Due to limited lane space we are forced to only offer these positions on a first come basis

The cost : \$140.00

Includes: 8 coaching sessions-1 hour each

Mandatory insurance fee

Entry fee into the local PIRATES SWIM MEET MAY 30