

Swim Better!

Breakwater Freestyle Programs

At the
Mount
Auburn Club

Instruction by Bill Steele of Breakwater Sports
USA Triathlon Certified Coach - Level II

**Beginning Sunday
January 21, 2007
Six 1-Hour Lessons
in Six Week**

**Eight Students per Class
\$265 for Club Members
\$295 for Non Members**

Two Levels:

Breakwater Freestyle I

(for Newer Swimmers)

2:00-3:00 PM

or

3:00-4:00 PM

Breakwater Freestyle II

(for Experienced Swimmers)

4:00-5:00 PM

For additional information
see brochure or visit the website.
Sign Up at the Front Desk.



www.BreakwaterSportsTraining.com