

A D U L T
S W I M P R O G R A M S
for
TRIATHLON TRAINING &
CROSS TRAINING

One hour sessions include the following:

- Personalized stroke assessment and instruction
- Drill specific practices
- Video-taping above and underwater
- Timing (pace) and goal setting

10 week session starts week of 9/20, ends week of 11/24

Cost is \$170 for 1 session per week, or \$300 for 2 sessions per week, \$400 for 3 per week

All participants must pay an annual one time \$45 registration fee

This program is for adults able to swim at least 100 meters without stopping.

Please call our office for lessons if you need 'learn to swim' lessons.

To register, complete the following and mail or fax to JFD:

Name: _____

Address: _____

Email: _____ Phone: _____

TUE 10-11am ___ WED 1-2pm ___ FRI 1-2pm ___

SAT 10-11am ___ SUN 3-4pm ___

Other times may become available; feel free to discuss your schedule with Coach Flaherty.

Joe Flaherty's Dolphins
6512 Roundabout Drive

Phone: 301-916-1852
Fax: (301) 916-2952

Gaithersburg, MD 20878

JFD has been training swimmers in Montgomery County for over 30 years.

For more info, go to www.jfdolphins.com