

# 4-week H2O Cross Training SWIM CLINIC With Coach Laura



*This 4-week coached swim clinic is for swimmers looking for a great workout in the pool—there are multiple lanes to accommodate all levels. Beginners welcome!  
We work on breathing and stroke technique, endurance and FUN!*

**Next 4-week program: November 27th, December 4th, 11th & 18th**

**WHEN:** Wednesday evenings from 7:30-8:30pm

**WHERE:** Mashpee Fitness Center, 168 Industrial Drive, Mashpee

**COST:** \$99 for 4 one hour coached sessions

**INSTRUCTOR:** Coach Laura swam competitively for USA Swimming for over 10 years. Her enthusiasm for the sport of swimming will help you develop the mental and physical traits necessary to improve your swim stroke through her clinic. Beginners and veterans will benefit from her expertise.

**WHAT TO BRING:** Bathing suit, goggles, swim cap, towel, water bottle.

*Pre-registration is required. Please contact Laura directly at [lhoward@mashpeefitness.com](mailto:lhoward@mashpeefitness.com).*

