

# THIRD ANNUAL "TRI-IT" FREESTYLE WORKSHOP



***"Don't just survive; thrive in the swim!"***

The Canby Swim Center welcomes the return of our signature workshop to get your Gator Grinder off to a great start. This ten-lesson series will present techniques and drill progressions designed to make you a stronger, more efficient swimmer. The "Tri-It" Freestyle Workshop gives you tools to make it happen.

- Breathing
- Turns
- Balance

- Ten classes. February 22-May 5, 2011.
- Classes meet once per week, your choice of Tuesday or Thursday Evenings, 8:30-9:30PM.
- No class the week of Spring Break, March 22 & 24.
- \$75 City of Canby Residents/\$95 Non-residents.
- Registration opens Jan 4 online, in person or over the phone.