

# EDMONTON PHOENIX SWIMMING CLUB



## CALLING ALL EX COMPETITIVE SWIMMERS AND TRIATHLETES

ARE YOU MISSING THE WATER, LOSING YOUR FITNESS BUT SCARED TO APPROACH A COMPETITIVE CLUB?

DO YOU WANT TO TRAIN WITH A QUALIFIED COACH BUT DON'T WANT THE PRESSURE OF SWIMMING WITH SENIOR SQUAD SWIMMERS?

EDMONTON PHOENIX SWIMMING CLUB HAS THE SESSIONS TO SUIT YOU

WE OFFER TWO EVENING SESSIONS UNDER THE GUIDANCE OF CLUB COACH ROB HOWE AND MASTERS COACH ALF COOK AND THREE EARLY MORNING SESSIONS WHERE YOU WILL SWIM ALONGSIDE THE SENIOR SQUAD.

YOU HAVE THE OPTION OF SWIMMING A MIXED STROKE SESSION OR HAVE COACHING WITH DRILLS, STROKE DEVELOPMENT AND SPEED WORK

FOR THE TRIATHLETE WE CAN OFFER HIGH INTENSITY FREESTYLE TRAINING

### SESSIONS

Mondays	Southbury Road	6am-7am
Tuesdays	Edmonton Green	9pm-10pm
Wednesday	Southbury Road	6am-7am
Friday	Southbury Road	6am-7am
Friday	Southbury Road	9pm-10pm

For further information please contact

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