



Adult

Swim

Training

Join Doug Wood every Tuesday morning for a different and unique swimming workout. Whether you're just getting your feet wet or training for your fifth triathlon, Doug will be on hand with helpful hints for improving your technique so your workout is working for you. All swimmers are welcome.

Coach Wood has coached swimming and stroke technique with supportive weight training and conditioning for over 30 years. He has trained elite athletes and young beginners with the goal of total physical balance while developing the best all around athlete.

Coach Wood has trained swimmers that have qualified and competed in the Olympic trials. He has nurtured leadership skills that produce team Captains at the college swim program level. He has mentored and motivated individuals to go on to coach programs to expand swimming, water safety, physical education and community involvement to many more individuals.

Tuesdays 6:00-9:00 a.m.

January 10th - April 25th

14 Punch Pass: \$70

7 Punch Pass: \$42

Walk-In: \$8



Whitmore Lake Community Recreation
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