



ADULT AQUATICS

Adults have a number of opportunities to improve their fitness, become better swimmers, and even develop as competitive Masters Swimmers or Triathletes. Reach out to the aquatics department for more info!

ADULT ONE-ON-ONE SWIM SESSIONS

Join one of our coach-level swim instructors for 1 hour swim sessions that focus on development of stroke technique that reduces frontal drag and increases efficiency in the water. Swimming with proper technique allows you to swim faster, further, and easier than before. Our instructors are committed to teaching swimmers how to improve their stroke regardless of current ability.

1hr: M\$75, G\$110

TRIATHLON LEVEL SWIM SESSIONS

Triathlon level sessions are booked with the Head Stingrays Swim Coach or Aquatics Director and develop proper freestyle technique and aerobic swim conditioning. Comprehensive video analysis and review is included and shared electronically along with recommended workout progressions catered specifically to each athlete. A four-session minimum is required as the program is meant to develop athletes towards their training and racing goals.

1hr (min 4 session): M\$90, G\$130

Enroll online at www.MyLSF.net

For additional
information contact:

773.770.2424

LPAquatics@LakeshoreSF.com