



TRIFITNESS SWIM CLASS

2019 Winter Session

Day & Time: Saturdays, 12:30 - 1:30 pm
(Dry-land / Core Workout on Deck at 12 pm before swimming)

Location: Weston Middle School Pool, Weston, CT

Dates:

Jan 5, 12, 24, 26

Feb 2, 9, 16, 23

March 2, 9

Price: 10 sessions/\$150*, Drop-in \$20*

**Price subject to sales tax.*

Open to all levels