



*All-New Intensive!!*

# Adult Mini-Camp

Improve your swimming ability!  
Learn how to get the most out of your workout!

- Expert coaching on stroke technique
- Introduction to interval training and effective workout patterns
- Great exercise in a “team” environment

Monday Through Friday

September 20<sup>th</sup> – September 24<sup>th</sup>

6:30-7:30PM

- 1-hour workouts five times per week under coach’s supervision
- Introduction to competitive swimming strokes and training techniques
- Focus on improving stroke technique via drills and constant feedback
- A primer in interval training techniques and safe & effective workout patterns—learn how to get the most out of your workout. All participants will receive a package of sample workouts at the conclusion of camp.
- Great exercise & camaraderie with other swimmers
- For adults only (18 yrs. and up)
- Participants must have the endurance to participate in a one-hour swimming workout

**Cornerstone Members: \$69**

**Program Pass Holders: \$99**

**Cornerstone Aquatics Center**

55 Buena Vista Road • West Hartford, Connecticut 06107 • 860-521-3242

[www.swimcornerstone.com](http://www.swimcornerstone.com)