



# Conditioning Swim Clinic

Saturday Feb 25th 8:30am-9:30am



Wonder what to do with pool equipment?  
We'll use kickboards, pull buoys, fins and more  
For maximum results!

***Learn How To Use Water  
for Improved Endurance,  
Weight Loss, & Toning***

**Only** \$15 members/ \$25 non-members

Enroll Today! Registration Desk

(336)851-1890 ext 1102 or [info@pyramids.org](mailto:info@pyramids.org)