



Swim Clinic

Hosted by Rejuv Wellness: Kara Goodin (318-448-0744) and Fit Families: Stacey McMickens (318-308-6146).

Anyone trying to get ready for triathlon season or just wants some help with technique or stroke work. There will be two groups: a beginner group that wants to learn how to do freestyle and a more intermediate group that needs assistance with stroke technique and race day swimming strategies.

Fees = Members of LAC: \$20 and non-members \$25.

When & Where: Join us Feb. 25th from 9-noon at Louisiana Athletic Club.

Feel free to call Rejuv Wellness with any questions or to sign-up 318-448-0744.

Space is limited to 25 people so sign up quickly

