

Swimming Workshop with Steve Tarpinian

Presented by Emde Sports LLC

Well known author of "The Essential Swimmer", "Swim Power" and "Yoga for Endurance Athletes" DVD's and Video's, he's also a contributing writer to Swimming Magazine, Transition Times and other major publications. Welcome Steve Tarpinian to Spokane for a hands-on workshop to improve your swimming! This class is designed for swimmers who want to get to the next level.

Total Training offers 100% satisfaction guarantee. This workshop includes two water sessions, demo's, individual video taping, technique lectures and materials, individual video analysis, drill sessions and dryland training techniques.

Date:
Sunday
February 3, 2008
Time:
8:00 a.m. to 3:00 p.m.

LOCATION:
Downtown YMCA
(next to Riverfront Park)
507 N. Howard St.

Cost:

\$200.00 if received on or before Jan. 31st, 2008.

\$250.00 after Feb. 1st, 2008— space permitting. This workshop is limited to 16 athletes so sign up today!

Now available...
"Yoga for Endurance Athletes"



REGISTRATION:

Mail to: (make checks payable to Emde Sports)
Emde Sports LLC
POBox 9688
Spokane, WA 99209-9688

FOR FURTHER INFORMATION CONTACT:

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