

Triangle Multisport **Freestyle Stroke Clinic**



Friday, July 24(6-7:30pm) and Saturday, July 25 (8am-12noon)

Triangle Multisport will discuss the components of freestyle and lead you through a workout that teaches you how to interpret and build your own workouts. Video analysis and deckside stroke analysis will be given.

\$65 members, \$75 non-members, \$30 video analysis only

To register or for more information call the
UNC Wellness Center at 966-5500.



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