

Aquatics

Triathlon Swim Training

with John Albanese

Taught by Master Trainer and Swim Coach, John Albanese the program emphasizes freestyle stroke mechanics, interval training and triathlon specific drills, that will get you ready for the first leg of your triathlon.

Day: Mondays & Wednesdays
Time: 9:30-10:30AM
Fee: 10 pack -members: \$270
10 pack -non-member: \$360.

For registration please contact Master Trainer John Albanese at 914.241.0797 ext. 3253 or jalbanese@sawmillclub.com



Triathlon Swim Training Registration form

Name

Address

Telephone E-mail

Credit card information

Exp. Date

I have read and am familiar with the terms and conditions contained in the waiver of liability listed below:

It is expressly agreed that all exercises and treatments and use of equipment and facilities of Saw Mill Club are and shall be undertaken at member's and member's minor children's sole risk, and that the member assumes the risk of any injuries he or she or the member's minor children may suffer while using any of the equipment or the facilities of Saw Mill Club, and that Saw Mill Club shall not be liable for any claims, demands, injuries, damages, actions, or causes of action whatsoever to the member, the member's minor children or property arising out of or connected with the use of any of the services, equipment and/or facilities of Saw Mill Club, or of the property or premises where same located, and the member does hereby expressly forever release and discharge Saw Mill Club from all such claims, demands, injuries, damages or causes of action from all acts of negligence, active or passive, and all other fault on the part of Saw Mill Club, its servants, agents or employees.