

Join University Recreation 's
SWIMMING TECHNIQUES CLASS

Interested in training for a triathlon?

Want to refine your swimming technique and strokes?

Trying to get the best workout possible through swimming?



Beginning September 6th

Every Tues, Wed, & Thurs

5:00-5:45 p.m.

FOY FITNESS AND RECREATION CENTER POOL

For more information go to the Foy Fitness and Recreation Center Front Desk.



**University
Recreation**

**Free to University Recreation
patrons!**

Austin Peay State University, a Tennessee Board of Regents institution, is an equal opportunity employer committed to the education of a non-racially identifiable student body.