INTRODUCING UNBROKEN TRAINING @ SOAC!

This class is for beginners who have no experience with formal swimming to advanced swimmers looking for a stronger and faster skill set.

Mondays from 6:30 PM to 7:30 PM
October 7th through November 25th (8 week session)
Cost: $40 (SOAC Members), $80 (UnBRoken Members), $100 (Non Members)

Kickboard, Swim Buoy, and Swim Paddles required for classes.

LED BY COACH JESSE NAQUIN

Jesse has been competing in triathlons for 11 years. She is a USAT level 1 coach who helped 20+ athletes complete their first triathlons last summer. She completed her first full Ironman competition last November with her husband Matt. They are currently training for Ironman #2! Matt and Jesse launched unBRoken Tri Club earlier this year in an effort to unite their community of athletes through fitness and fun. The lack of swimming confidence often keeps people away from the sport of triathlons. Jesse's passion is to help others overcome that struggle! Justin Welborn, a certified masters instructor and an unBRoken tri club member, will be assisting Jesse.

TRAIN HARD > TRI HARDER

UNBROKEN

SOUTHERN OAKS
ATHLETIC CLUB

SPACE IS LIMITED.
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