

Wellness@Work invites you to a new program starting this fall!

TOWN EMPLOYEE SWIMMERS



What? Scheduled but informal meet up of Town employees

- not swim lessons, just an opportunity to promote fellowship and accountability at the pool
- coordinator will provide swim workouts with beginner, intermediate, and advanced freestyle options
- workouts will incorporate pool-provided tools like kick boards and pull buoys with instructions on proper use

Where? Chapel Hill Community Center, 120 S Estes Drive, Chapel Hill

When? Thursdays, 7am

Who? All employees with a basic knowledge of swimming

Cost? If you have participated in the HRA and have a “Pool and Gym Admission Pass”, it is FREE.

Don't have a Pool and Gym Pass? Contact Liska Lackey at the clinic: llackey@email.unc.edu or 919-968-2796.

Coordinator? Sarah Poulton, Town of Chapel Hill Manager's Office, has been swimming competitively on and off for 25 years, including 9 years competing in triathalons and 8 years mentoring new triatheletes in the pool.

How do I sign up? Contact Sarah Poulton: spoulton@townofchapelhill.org or 919-969-5009



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