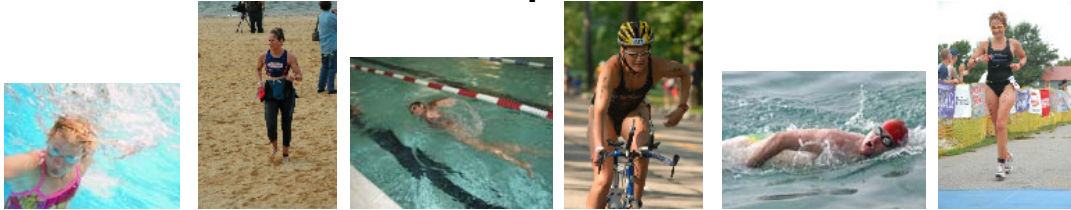




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~healthy nutrition for everyday living~

## **Open Water Swim Clinic** **North Penn YMCA pool – Lansdale, PA**



**Don't get panicked again in the open water or your next triathlon!**

**Come to the open water swim clinic and learn everything you need to know to get you comfortable with open water, but in the convenience of the pool. Here's a list of the things we'll go over:**

- sighting (looking for the buoys and where you are going)
- treading water, treading water starts, mass starts
- swim around a buoy as a group
- navigating your first triathlon swim, deciding where to start and how not get pummeled
- how to swim around people or let people pass without freaking out or breaking your stroke (now do it with your eyes closed!)
- how to swim straight even if you can't see
- how to draft or pass others gracefully if you can
- wetsuit review – do you need one? what to buy, where to buy and try some on (courtesy of Keswick Cycles)

**This is an interactive swim clinic – coach will demonstrate everything!**

**For beginners as well as seasoned triathletes wanting to improve their swim & triathlon experience.**

**When: Sunday      Cost: \$65 per person**

**12:30 – 2:00 PM: \_\_\_\_\_ (May 16<sup>th</sup>)**

**12:30 – 2:00 PM: \_\_\_\_\_ (June 6<sup>th</sup>)**

For more information, please contact Joanna at 215-272-6774 or [info@nutrition-in-motion.net](mailto:info@nutrition-in-motion.net).  
Or visit [www.nutrition-in-motion.net](http://www.nutrition-in-motion.net).