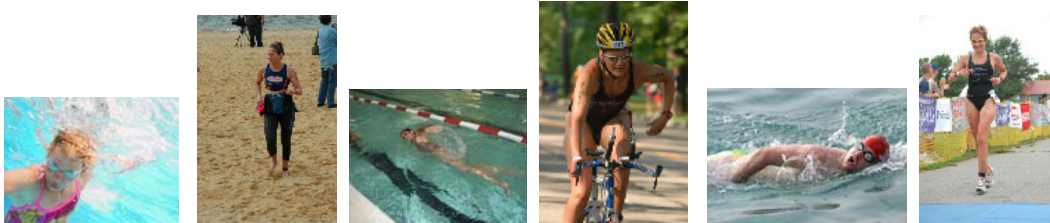




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~better health thru better nutrition education, one meal
at a time ~



New For 2009 - Skills & Drills Swim Clinic!

This will be 4 weeks of 90 minutes each session helping you learn what drills to use and how to use them to help improve your stroke. Learn how to use pull buoys, fins and paddles (and how to choose the right ones!) to help improve your stroke, rather than just kill time. Not sure how to kick properly? Not sure how to use the clock to swim intervals? We'll review that, too!

When: 2:00-3:30 for 4 consecutive Saturday afternoons at Temple Ambler pool.

Cost: \$235 for the 4 week session. Limited to 10 people, so sign up quickly! (please call for other discounts - CGI Racing participants, TNT, etc).

Session I: Jan 31st h - Feb 21st : _____

Session II*: Mar 14th – April 4th: _____

Week 1: Review breathing, floating, and relaxing in water. Time intervals (refer to them later in course). Stroke analysis, review of body position, and proper arm motions for better propulsion.

Week 2: Review of the kick - it is easier than you think! Proper use of fins; drills to improve kicking; drills to improve body position while kicking. Drills for better breathing and body positioning (on side, head looking to side), and more.

Week 3: Using pull buoys and paddles to improve form: single arm with/without paddles and buoy, catch up, sculling (4 positions), and more.

Week 4: Final drills for improving stroke; putting it all together for a better stroke; time intervals and compare to first week. Turns - open vs. flip; using the clock.

For more information, please contact Joanna at 215-272-6774 or 8weeknutrition@verizon.net. www.nutrition-in-motion.net.