



Joanna K Chodorowska, BA, NC
www.nutrition-in-motion.net
~healthy nutrition for everyday living~



Swim clinics – Learn 2 Swim 4 Triathlon
Drills, Kicks and Turns Clinic and Open Water clinics
@ YMCA – Lansdale, PA

Learn 2 Swim 4 Triathlon clinics: Scared of the drowning but you signed up for a triathlon? Be one of the first out of the water with plenty of energy to spare! Learn how to breathe easier, learn better stroke mechanics, use less effort, be comfortable in water, use to improve your stroke. Learn how to do drills and use pool toys the right way to help your swim form.

Come for an added session for just open-water swimming techniques with a deep end, too. Try some wetsuits.

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

For beginners as well as seasoned triathletes wanting to improve their swim times and triathlon experience.

When: 12 PM noon – 1:30 PM for 4 consecutive Sundays

Session I * : Feb 28th – March 4th: _____ \$ 245 per person _____

(open water session only: 12-1:30 PM: \$60 _____ (March 28th)

Session II * : April 11th – May 2nd : _____

(open water session only: 12-1:30 PM: \$60 _____ (May 9th)

Note: There is no limit to number of people for open water sessions.

- there will be no class on Easter weekend, April 4th or Mother's Day May 9th)

Drills, Kick and Turns clinic: (\$60 _____)

- Drills to improve your stroke mechanics, alternate side breathing, kicks (it is easier than you think!, hips won't sink! And turns, open and flip turns, use of paddles, buoys, etc

March 7th – 2 – 3:30 PM _____

April 11th – 2 - 3:30 PM _____

Where: North Penn YMCA, in Lansdale, PA

Limited to 8 people -sign up quickly! No limit to open water sessions.

(please call for other discounts - CGI Racing participants, TNT, etc).

Paid participants will also get a swim cap and swim workouts as part of the program. Video analysis also available and a print out of all lessons and drills so you can go home and do it yourself! The coach will be in the water with you to help with each drill, etc.

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



Joanna K Chodorowska, BA, NC
215-272-6774
fax: 215-393-5397
www.nutrition-in-motion.net

Learn 2 Swim 4 Triathlon® and Swim Clinic registration form

Name: _____
Address: _____
Phone: _____
Email: _____

Total amount paid: _____ (check clinics attending)
Coupon/ discount?: _____ (CGI ___; Hi Roads ___; T3 ___ ; other _____)
Method of payment:
Check No. _____
PayPal email address: _____
Name as on account: _____

Signature _____

Please indicate how you heard about the program: email – friend (_____) - HRC – FB
- CGI - other _____

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Classes will be held at the North Penn YMCA – on Main Street in Lansdale, PA

Please email the completed forms to info@nutrition-in-motion.net or send via fax to 215-393-5397 or send via mail to above address. You must pre-register for the class! Please write checks to Nutrition in Motion. Or sign up on website using PayPal links!

Payment is appreciated prior to the date of the class start date. Cancellation week prior to class will result in 50% refund. Cancellation within the week prior will result in no refund.

I look forward to having you in the class. And thank you for your interest in swim lessons! ☺

Sincerely yours,

Joanna K Chodorowska, BA, NC
personal nutrition and swim coach
Nutrition in Motion