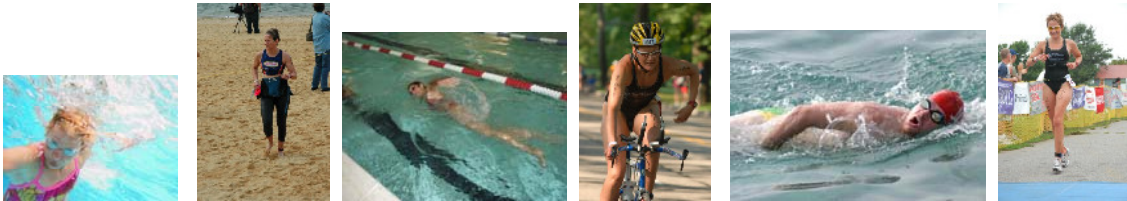




Joanna K Chodorowska, BA, NC
www.nutrition-in-motion.net
~healthy nutrition for everyday living~

Swim clinics – Learn 2 Swim 4 Triathlon Drills, Kicks and Turns Clinic and Open Water clinics



Learn 2 Swim 4 Triathlon clinics:

Scared of water? Want to learn how to swim effortlessly or do your first triathlon? Frustrated that your swimming still stinks after years of swimming? Then come to this clinic!! Learn how to breathe easier, stop fighting the water to move forward, use less effort while kicking (stop going backwards) and more. Look like you swam on the college team!!

“This is a must for new triathletes”! The open-water swimming techniques in deep end. You will be able to swim in open water after this clinic with no surprises! This is an interactive swim clinic – coach will demonstrate everything! Sighting, swimming near people, swimming around buoys, treading, swim starts, etc. Get the fears out while in this class so you have none when you get to open water!! For beginners as well as seasoned triathletes wanting to improve their swim times and triathlon experience.

When: 8 AM – 9:30 PM for 4 consecutive Saturdays

Session I *: Mar 12th – April 2nd : \$ 265 per person _____

Open water session only: 12-1:30 PM: \$65 _____ (April 30th)

Open water session only: 12-1:30 PM: \$65 _____ (June 11th)

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

- there will be no class on Easter weekend, April 24th or Mother’s Day May 9th)

Drills and Skills – April 9th 8 – 9:30 AM - \$65 per person

- Make your swim faster with less effort! Learn drills to correct mechanics of stroke (not just what, but how and why), alternate side breathing, kicks (it is easier than you think! And not tiring if done right), and turns - open and flip turns, use of paddles, buoys, and other pool toys, correctly.

Where: Abington Club in Jenkintown, PA (300 Meetinghouse Rd)

Note: Open Water clinics will be at YMCA in Lansdale, PA (300 Main St)

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

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.

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: VS __ MC __ PayPal _____ (email acct on account: _____)
Check No. _____
Name as on account: _____

Signature _____

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

When: 8 – 9:30 AM for 4 consecutive Saturdays - \$ 265 per person _____

Session I *: Mar 12th – April 2nd: _____

(open water session only: 12-1:30 PM: \$65 _____ (April 30th)
(open water session only: 12-1:30 PM: \$65 _____ (June 11th)

Drills, Kick and Turns clinic: April 9th –8 - 9:30 AM _____ \$65 _____

- 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

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)**

4-Week Clinic and drills clinic will be held at the The Abington Club in Jenkintown PA.. Open Water Clinics at 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 secure credit card processing option!

Payment is required 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