



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 _____

When: 12 PM noon – 1:30 PM for 4 consecutive Sundays - \$ 245 per person _____

Session I *: Feb 28th – March 4th: _____
(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))

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 _____

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)

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