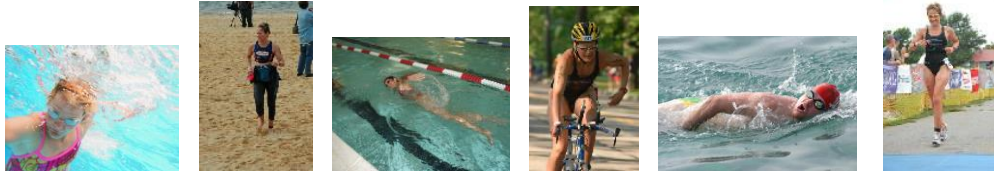




## **New For 2019 – Learn 2 Swim Clinic (for triathlon)!**



This 4-week swim clinic series is for the swimmer looking to improve comfort, fluidity and ease in the water. Not just for beginners.

Join Coach Joanna for these 4-week clinics to help you learn how to breathe for water, swim effortlessly and be fully comfortable in water. Learn how to kick properly and use the arms efficiently so your legs don't sink and you're not tired after 25 yards. We will review drills and why to use them to help improve your stroke so you move through the water with ease. Learn to use pull buoys, fins and paddles as tools to improve.

This is an interactive clinic where coach Joanna will be in the water!

When: 4:00-5:45 for 4 consecutive Sunday afternoons at YMCA Bucks pool in Doylestown, PA.

**Cost: \$295** for the 4 week sessions. Limited to 10 people, so sign up quickly!

Session I - Sunday: Jan 12th - Feb 2nd 2020 : \_\_\_\_\_

Session II - Sunday: Mar 8th – Mar 29th 2020 : \_\_\_\_\_

Go to [www.nutrition-in-motion.net/swim-lessons](http://www.nutrition-in-motion.net/swim-lessons) or [www.ymcabucks.org](http://www.ymcabucks.org) to register.

**Week 1** : Review breathing, floating, and relaxing in water. Stroke analysis, review of body position, body position drills, and proper arm motions for better propulsion.

**Week 2** : Review of the kick - it is easier than you think! Drills to improve kicking; drills to improve body position while kicking, and review proper use of fins. Drills for body positioning (on side, head looking to side) to make swimming easy.

**Week 3** : Review of breathing mechanics while swimming freestyle. Drills to utilize pull buoys and paddles to improve form: single arm with/without paddles and buoy, catch up, sculling (4 positions), and more. Putting the stroke together with easy breathing.

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

You will know how to swim so you can start training for your first tri!

Look for the Open Water Swim Clinics, too!

For more information, please contact Joanna at 215-272-6774 or [joanna@n-im.net](mailto:joanna@n-im.net).

[www.nutrition-in-motion.net/swim-lessons](http://www.nutrition-in-motion.net/swim-lessons) or go to the [www.ymcabucks.org](http://www.ymcabucks.org) site.

Joanna Chodorowska is an intuitive nutrition therapy coach, swim instructor, triathlete and lover of life. She helps clients get comfortable with water through specific techniques so they find fluidity and ease through stroke corrections. Joanna also helps athletes fuel themselves better, eliminate pain and find the enjoyment in life, training and racing.