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~nutrition for body, mind, spirit and sport~

Open Water Swim Clinic **YMCA Bucks County – Doylestown, PA**



Don't get panicked again in the open water or your next triathlon!

Come to the open water swim clinic and learn everything you need to know to get you comfortable with open water, but in the convenience of the pool.

Here's a list of the things we'll go over:

- sighting (looking for the buoys and where you are going)
- treading water, treading water starts, mass starts
- swim around a buoy as a group
- navigating your first triathlon swim, deciding where to start and how not get pummeled
- how to swim around people or let people pass without freaking out or breaking your stroke (now do it with your eyes closed!)
- how to swim straight even if you can't see
- how to draft or pass others gracefully if you can
- wetsuit review – do you need one? what to buy, where to buy and try some on (courtesy of Keswick Cycles)

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

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

When: Sunday 4-5:30 PM Cost: \$75 per person (check appr date)

2:00 – 3:30 PM: _____ (Sunday, May 31st)

2:00 – 3:30 PM: _____ (Sunday, June 21st)

2:00 – 3:30 PM: _____ (Sunday, July 12th)

For more information, please contact Joanna at 215-272-6774 or info@nutrition-in-motion.net.
Or visit www.nutrition-in-motion.net/swim-lessons or www.ymcabucks.org