

Learn and Experience Effortless Endurance Swimming

- 2 x 2 hour laser focused sessions available
 - **Small Coach to Athlete ratio**
- Learn a technically efficient stroke
- **Individualized feedback and improvement suggestions**
 - Attain proficient sighting skills
- **Learn to easily navigate around turn buoys**
 - Master various drafting techniques
- **Participate in an open water race simulation to practice your new skills**
 - Questions and answer session

Triathlon Swimming Efficiency Clinic

All Skill Levels Welcome

Space is limited to 20 athletes per session

Sessions Offered:

Sat. February 20th – 2:00 – 4:00 p.m.

or

Sun. February 21st – 10:00 a.m. – 12:00 p.m.

Location: Salem State College – O'Keefe Center

Coaches: Craig Lewin, Dan Warner & Meaghan Simpson
all are USA Swimming ASCA or Open Water Certified coaches

Cost: only \$25

Space limited so contact coach Craig Lewin by Feb. 16th to reserve your spot
617-771-0454 or via email: enduranceswim@gmail.com

