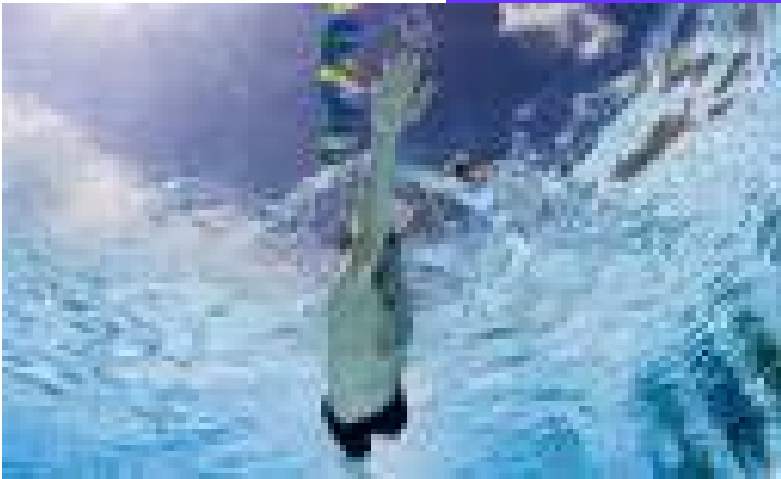


**Triathlon Training  
or Lap Swimming!**

# Adult Swim Clinic

Register  
Now!

**Golden Hills  
Swimming**



Sessions will focus on:

- Day 1: Body Positioning and Balance in the Water
- Day 2: Stroke Work - Kicking
- Day 3: Stroke Work - Pulling & Breathing
- Day 4: Triathlon Race Strategy, Directional Spotting in Open Water, and Defensive Swimming
- Day 5: Swim Workout - Developing Your Own Training Plan

- Clinic will be held on Mondays, Wednesdays and Fridays beginning Monday, May 17 and ending Wednesday, May 26.
- Time: 5:30 - 6:30 a.m.
- Place: Golden Hills Pool, Lexington
- Cost for 5 sessions:  
Golden Hills members - \$60  
Non-members - \$70

Levels offered:

- Beginners/Intermediates - must be able to swim a minimum of 100 yards without stopping.
- Intermediates/Advanced - those who have some swim experience and want to refine technique and improve efficiency.

**Swimming instruction for Lap Swimmers and Triathletes alike!!!**

Instructors:  
Tracy King and  
Jennifer McLeod

To register, please send the following information to Tracy King at 224 Palmer Drive, Lexington, SC 29072 with check payable to Tracy King.

Name \_\_\_\_\_ Mobile # \_\_\_\_\_

Home Phone # \_\_\_\_\_ E-mail \_\_\_\_\_

Golden Hills Member \_\_\_ Yes \_\_\_ No  
If yes, member # (or pool only) \_\_\_\_\_

Level (circle one):                      Beginner/Intermediate                      Advanced/Intermediate

For more information on Golden Hills Swimming programs, contact Tracy King at 957-6409 or ghswwimming@sc.rr.com