

**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 23 and ending Wednesday, June 1.
- 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
Nicole Molitor

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 ghswimming@sc.rr.com