

## ADULT SWIM CLINIC INFORMATION

This summer Wrangell Parks and Rec is sponsoring a series of swim clinics for adults. These clinics are intended for anybody over 16YOA that is interested in improving their swimming efficiency. You should be comfortable swimming the length of the pool (25yds) in order to sign up for the in-water clinics. Anybody is welcome to attend dryland presentations.

Clinics will include video presentation and analysis of good swimming technique, discussion and in-water drills that can (should?) be included in your swimming workout.

The next clinic on

# **BREASTSTROKE SWIMMING**

will be conducted on Saturday, 01 August

10:00 am – 10:20 am: video and discussion in the multi-purpose room. This is a free presentation open to anybody interested.

10:30 am – 11:15 am: in-water drills – limited to 10 participants.

There will be a fee for the in-water session.

If more than 10 sign up an additional in-water session will be conducted

In-water participants require a swim suit (one piece recommended for female swimmers) and towel. Goggles highly recommended (loaner goggles available). If you generally use swim fins or a snorkel

for training please bring them to use during the clinic. All other training equipment will be provided.