



Carmel Swim Club: Triathlon Swim Clinics

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The Carmel Swim Club is pleased to offer the 2012 Carmel Sprint Triathlon Swim Clinics

This year we're hosting two (2) sessions. The first session (Saturdays) starts Feb 11<sup>th</sup> and the second session (Sundays) starts March 11<sup>th</sup>. Each session will consist of 3 one-hour classes.

Participants will have a choice of two class types.

### **Stroke Instruction for Triathletes (beginner to moderate)**

Instruction is geared to swimmers who would like to learn how to swim a proper front crawl (Freestyle) stroke. These sessions will focus on general stroke mechanics and proper breathing. The Freestyle stroke practiced during the clinics will help to not only build your endurance for the 400 meter portion of the Carmel Sprint Triathlon, but will allow you to swim a better more effective stroke in years to come.

**Stroke Instruction start time: 12pm-1pm**

### **Stroke Improvement for Triathletes (more advanced)**

This session is designed for those who have a basic freestyle stroke with proper breathing technique. This class will offer the chance to work on freestyle drills for improved technique and efficiency. The drills and techniques taught will help to prepare you for the upcoming Carmel Sprint Triathlon, as well as allow you to focus more on the little things that turn good swimmers into great swimmers.

**Stroke Improvement start time: 1pm – 2pm**

**Session 1:** Feb. 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> (3 consecutive Saturdays)

**Session 2:** March 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> (3 consecutive Sundays)

**Instruction Fee: \$95 per Session\* OR \$40 per Class**

*\*Prior registration for a session (3 classes) will receive a FREE goodie bag – one bag will have a FREE 20 visit punchcard to Aquatics Center\*  
Goodie bags will be given on first day of session.*

**Registrations can be done through the Carmel Swim Club website.** On the Homepage, [www.carmelswimclub.org](http://www.carmelswimclub.org), under the “Swim Lessons” link you will find a Triathlon Clinic tab to register.

**No refunds or credits once you have registered.**

If you have any questions, please call Kinsey Wallace, Aquatics Director, at 571-4047 or email at [carmelaquaticsCAC@gmail.com](mailto:carmelaquaticsCAC@gmail.com)