

Wellworx Aquatics Announces the
2012 WINTER SWIM CLINIC SERIES

Join Aquatics Director Terie Box for a 6-clinic series, tailored to the needs of recreational lap swimmers, triathletes, and aspiring Masters Swimmers.

Feb. 25, Clinic #1: Freestyle Stroke Development

Improve your freestyle swimming skills and technique for lap swimming.

March 3, Clinic #2: Individual Medley Development

Learn the basics of the Butterfly, Backstroke & Breaststroke.

March 10, Clinic #3: Core & Lower Body Strength for Swimmers

Learn how to strengthen your core and weaker areas from a personal trainer.

March 17, Clinic #4: Stretching for Swimmers

Stretching for injury prevention taught by a yoga instructor.

April 14, Clinic #5: Flip Turn Clinic

Freestyle & backstroke flip turns taught by Masters Swim Coach Terie Box.

April 28, Clinic #6: Open Water Swim Clinic

Drills and advice on open water and triathlon swimming.

Each clinic will include:

Introduction by Aquatic Director Terie Box & special guest speaker

Handout, Lecture and/or video on the day's topic

Q & A time with guest speaker (if present) & Aquatic Director

Time in the pool/weight room/yoga room with group & one-on-one instruction

Refreshments & Masseuse in attendance (\$1/min. chair massages available) after clinics

Clinic Fees:

\$18 per clinic for Wellworx members, and \$20 per clinic for non-members.

Every clinic will take place on a Saturday morning, starting at 9a.m.

Contact Aquatics Director Terie Box at Aquatics@wellworx.com for more info. or to register.

To participate, swimmers must be comfortable in water and able to float on their own in deep water.

Wear a well-fitted swimsuit under your clothing, and bring a pair of swim goggles.

Wellworx.com/aquatics