



City of Ames Triathlon Swim Clinic

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This clinic will help you build your swimming technique to improve your race times, efficiency and teach you how to connect your mind with your body while learning how to practice.

Philosophy that will be focused on:

- Swimming from the core
- Better body balance
- Improved breathing technique
- Learn how to relax in the water

When:

Sunday, February 7th 2010
10am-12pm

Where:

City of Ames Municipal Pool
20th & Ridgewood
Ames High School

Cost:

\$45/athlete

Each swimmer should have the ability to swim 50 yards continuously.