

SWIM THEORY



INTENSE FREESTYLE CLINIC

NOVEMBER 10th & 11th

*space is limited to 5 participants per session



BUILDING BLOCKS FOR EVERY STROKE – BREAK BREATHING HABITS - SPRINT & DISTANCE DRILLS (older group)

Sessions Include:

- Proper Technique & Body Position
- Live Demonstrations of Proper Stroke
- 1 on 1 Real Time Instruction
- Individual Pre & Post Video
- Dry Land Stretching for Pre-Post Swim
- Swim Theory SWAG

Each session is conducted in our state of the art constant current pool with advanced video capture system.

Ages 8 & Under

\$59

2 Sessions Available

Ages 9-11

\$79

2 Sessions Available

Ages 12 & Up

\$99

3 Sessions Available

BOOK NOW

www.swim-theory.com/free