

CALLING ALL SWIMMERS GOT SORE SHOULDERS?

Membership Appreciation Day



"Swimmer's Shoulder" is a term that encompasses several different conditions, including but not limited to shoulder impingement syndrome, rotator cuff tendinitis, bicipital tendinitis, and cervical nerve root impingement. It affects virtually all swimmers at some point during the development of their stroke. Attempting to power through it really can ruin your workout! The good news is that a few easy fixes in the water and on land can banish your shoulder pain forever.

Please join Charlotte Brynn and Kathleen Doehla for a poolside discussion of the most common stroke errors contributing to shoulder pain in swimmers and their corresponding stroke fixes, as well as dry land contributing factors, and shoulder support and strengthening for swimmers out of the pool. You will have the opportunity to have your shoulder and your stroke assessed during this seminar.

Thursday, October 13 • 9:30-10:30am

with Charlotte Brynn, Level 4 USMS Coach, Certified Swim Instructor & Personal Trainer
& Kathleen Doehla, M.S. P.T.

Sign up at the front desk to secure your spot!

Free to attend

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • www.theswimmingholestowe.com
The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.

THE
SWIMMING
HOLE