

SWIM TECH

CLINIC • VERMONT



Swim Technician: Charlotte Brynn

Level 4 USMS Masters Coach, Level 2 ASCA Coach, Certified Swim Instructor

Saturday, November 2 • 9:30-1:30pm

Improve your efficiency, speed, and skills, allowing you to cover more distance per stroke, and reduce the risk of shoulder injury/pain. Learn drills/skills to help you find your Aquatic Line, better anchor/catch the water, and utilize your strong trunk muscles to drive powerfully down the pool, or through the open water.

Cost: \$150

Location: The Swimming Hole Non-Profit Community Pool & Fitness Center - Stowe, VT

Email: cbrynn@theswimmingholestowe.com
with questions and/or to enroll

