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JSMS OPEN WATER SWIM CLINICS

*In conjunction with Brielle Performance Center &
the Jersey Shore Tri Club*

BEGINNER AND INTERMEDIATE SWIM CLINICS Barnegat Bay, Lavallette, NJ

Six dates to choose from - do one, two or a discounted threesome!

Dates: Saturdays: May 8, 15, 22 (at 10:00am)*
Saturdays: June 5, 12, 19 (at 8:00am)*

**Wetsuits mandatory for May sessions and highly recommended for June sessions*

Rates: \$25 per session or \$60 for 3 sessions

Clinic Highlights:

- ☺ Learn to relax in open water
- ☺ Sight course buoys
- ☺ Breath and stroke technique
- ☺ Navigate tight swim starts
- ☺ Become comfortable next to and behind other swimmers
- ☺ Swim draft technique

These courses review the basics each class, and eventually separates the beginner and intermediate to cover buoy sighting, beach entry and exit, in water start technique, comfort while swimming in a crowd, how to adjust your stroke to chop conditions, and more!

These clinics are a must for the first time triathlete looking to swim their first 1/3 or 1/4 mile in a triathlon race. It also serves the intermediate well in getting back into the water, and learning some great techniques from the experienced staff to bring your swim up to the next level.

Limited space available for each class.