



Adult Freestyle Swim Clinic

Wednesday, April 23rd

7:30 to 9:15 PM

An "Adult Freestyle Clinic" will be given at the Sussex County YMCA on April 23rd from 7:30 to 9:15 PM for those who want to improve their swimming technique and be able to swim with greater speed and efficiency.

This clinic is designed for exercise swimmers, adult competitive swimmers, triathletes or anyone who can swim but wants to swim better. The cost is \$10 for Sussex County YMCA members and \$20 for non members. The class will be limited to 12 people each session. Registration is on a first-come, first-served basis.

The purpose of the clinic is to teach each participant how to properly execute several skill drills so that they will be able to teach themselves how to swim with better technique after the clinic by doing the skill drills on their own.

Interested swimmers can sign up at the Welcome Desk or by calling the YMCA at 973-209-9622. This clinic will be given on the fourth Wednesday of every month at the Sussex County YMCA

AGENDA

CLASSROOM (30 minutes)

INTRODUCTIONS

VIDEO OF HOW THE BEST SWIM

PRINCIPLES OF HUMAN SWIMMING

HOW DO YOU LEARN TO SWIM BETTER

EXPLANATION OF DRILLS & METHODOLOGY

POOL (60 minutes)

DEMONSTRATION OF DRILLS

PARTICIPANT PRACTICE OF DRILL PROGRESSION

HOW TO MEASURE YOUR PROGRESS