

READY TO TRIathlon?



But not so sure about the swim?

SwimAmerica is offering a Swimming for Fitness clinic for women. In this weekly, 45-minute class, you'll work on:

- Good air exchange (breathing).
- Efficient freestyle form to save energy for the bike and run.
- Reading a time clock for interval workouts.
- Tips from other female triathletes.
- 15 minutes "practice time."

Swimming for Fitness Clinic

- Women only
- Mondays, 9:00 - 9:45 am
- March 2 - April 27 (no class April 7)
- Max of 8 swimmers
- Indoor, warm water pool
- \$145 (8 classes)
- Call (530) 759-1214 to register!

This program is right for you if:

- You bike and run with ease, but aren't sure if you'll make it through the swim.
- You swim recreationally, but want to add swimming into your fitness routine.
- You'd like to start lap swimming (or join a Masters group), but you're not confident about your swimming ability.

This program is NOT right for you if you:

- Can swim 100 yards in 1:45 or less,
- Currently participate in a Masters program, or
- Are fearful of getting into a pool, or cannot swim 50 yds of freestyle (contact us about our adult swim lessons!).

For more information about SwimAmerica, go to www.swimamericadavis.com or call us at (530) 759-1214.

