

ADULT SWIM CLINIC

with USA Triathlon Coach Nancy Cardoso

“Nancy went above and beyond what would be expected of a coach. I strongly encourage anyone wanting to improve their technique, instead of trying to madly kick or stroke to get to the other side of the pool, to invest the time into Nancy’s swim clinic. I can honestly say that she, and the clinic, have changed my life.”-Sun Oaks Member

Let Nancy give you one-on-one advice, drills and tips for making your Freestyle stroke more efficient, powerful and graceful, as well as help you prepare for your next swimming event. Overcome your fear of the water or a traumatic swim experience with Nancy’s expertise. This 3-hour clinic includes a stroke assessment/evaluation and video analysis.

* Pre-registration required by Saturday, October 21. Class size limited to 6. Registration available online. Email Nancy at nancy@sunoaks.com with questions.

Dates: Sunday, October 22, 2017

Time: 12 p.m. to 3 p.m.

Cost: Sun Oaks member-\$95

Non member- \$125



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