

Master Your Swim

November 14th, 2020

Liberty University Natatorium

1521 Liberty Mountain Dr Lynchburg, VA 24515

2pm to 4:30pm - COST: \$79.00



Join us at Liberty University's state of the art Natatorium for a hands on swim clinic directed by 5x Ironman Champion Heather Gollnick. Assisting Heather are 3 other coaches including Donna Hodgert, Liberty Aquatics Director & Asst. Swim Coach Lynchburg University. Be led through a progression of drills that will allow you to deepen your understanding of each part of the freestyle stroke in order to develop a fast, efficient technique to make you more proficient in the open water.

We will develop the mechanics of your freestyle stroke utilizing tools such as our Endless Pool with mirrors to watch your technique, we will also include video-taping of your swim stroke. Our goal is to help you develop a smooth and powerful stroke to make you faster and come out of the water ready to bike with increased energy.

COVID Protocol's in place, including multiple coaches, social distancing and small groups. Masks to be worn in wet classroom and on deck prior to clinic.

Limited Numbers: Register at www.ironedgeevents.com