



## STROKE CORRECTION CLINIC

Daniel Bain will be running a 10 week stroke correction clinic starting 5 June 2010.

Swimming is the most technical of the sports involved in Triathlon. Unlike cycling and running, the largest gains in swim speed occur through learning efficient movements in the water and reducing the drag created by your body. These sessions are a great opportunity to analyse your swim stroke, correct your movements and improve your swimming efficiency.

The clinic will cater for all swimming abilities and is designed for anyone who wants to improve their freestyle speed and efficiency.

The sessions will cover:

- Video analysis of your Freestyle stroke
- Learning to activate and utilise the major muscle groups for efficient swimming
- Improving and using core stability for balance and power
- Improving flexibility to improve balance and stroke
- Developing a balanced and a streamlined position
- Freestyle stroke correction

**When:** Saturday 1 pm, 5 June 2010 – 7 August 2010

**Who:** Swimmers of any ability

**Where:** Waves Swimming Centre

**Duration:** 60-90 mins each week

**Cost:** \$150 including pool entry

**Please contact Daniel Bain on 0402 047 683 email [daniel@onebody.net.au](mailto:daniel@onebody.net.au) for more information. Places are limited so please book early.**

[www.onebody.net.au](http://www.onebody.net.au)