

JIM MONTGOMERY'S ADULT SWIM CLINIC



St. Catherine's Kenny Center Pool Richmond, Virginia Saturday, May 1, 2010

Olympic gold medalist Jim Montgomery is coming to Richmond to share his unique experience working with adult swimmers and triathletes. At the 1976 Olympics in Montreal, Jim won three gold medals and became the first person to break 50 seconds in the 100 meter freestyle. He has been coaching masters in Dallas since 1981, and is currently the co-owner of Dallas Aquatic Masters, one of the top adult fitness programs in the country. He teaches all levels of swimmers, including new swimmers conquering a fear of the water, lap swimmers, triathletes, and pool/open water competitors. Jim will be assisted by local coaches on deck and the anticipated swimmer-to-coach ratio is 5:1.

Morning Session (9-11am): This clinic is designed to introduce the novice adult swimmer to the fundamentals of the freestyle or crawl stroke. If you want to gain confidence in swimming for fitness and fun, this session is for you. Clinic will focus on the proper breathing technique, body position, and the beginning of freestyle pull.

Afternoon Session (1-3pm): This session is for adults with prior swimming experience, and is designed to help lap swimmers, triathletes, and competitive swimmers refine their strokes and turns. If you want to take your training to the next level, this session is for you!

Cost: \$30.00 per person. Jim Montgomery will be signing copies of his new book *Mastering Swimming* after each session. Books may be pre-ordered for \$20.00 when you register online.

Register: online at www.vaswim.org or www.jimmontgomeryswim.com. Your credit card statement will reflect a charge from "ClubAssistant.com Event Billing".

Eligibility: You must be 18 years or older as of May 1, 2010. Space is limited. For the morning session, participants should be able to swim one length of freestyle independently, and feel comfortable treading water for several minutes in the deep end of a pool. Participants in this session are asked to bring a pair of swim fins if you own them. The afternoon session will be appropriate if you can swim 100 yards of freestyle without stopping or lifting your head to breathe.

Questions: Dave Holland (804) 282-6224 or HenryDaFiF@aol.com

