

Orinda Aquatics Masters

is excited to offer the **FALL 2015** 8 week session of

"Swimming 101"

The goal of this 8-week session is to teach participants the basics of the four competitive strokes to improve swimming efficiency. We will also introduce circle-swimming (or lane-sharing) etiquette and how to read and use the pace clock for optimal training. This program serves as a great introduction for those looking to get involved with the Orinda Aquatics Masters adult swim program.

Dates: Tuesday, September 8 through Thursday, October 29

Days: Tuesdays and Thursdays **Time:** 10:45 - 11:45 a.m.

Location: Campolindo High School Pool in Moraga - also called the Soda Center

Class Size Limit: Limited to the first 12 swimmers to register

Coach: Tiffany Forbes, Head Coach of the OA Masters. Tiffany has been coaching with the OA Masters program for 3 years, and came to Orinda from Boulder CO, where she coached for more than 15 years with the Boulder Aquatic Masters (BAM).

To Register: email Tiffany at tforbes267@gmail.com

Cost: \$240 for the 8-week session, payable to Orinda Aquatics Masters (please bring payment to the first session)

Prerequisite: Class participants MUST be water safe in the deep water and able to safely complete 25 yards of the pool without assistance though it need not be pretty initially.

Class Goals: To teach the proper technique and efficiency of the four competitive strokes to prepare swimmers to confidently join a masters swimming program. Swimmers will learn proper swimming technique and how to best use the swimming "toys" (kick boards, pull buoys and hand paddles) to further enhance your swim training. Swimmers will learn how to "read" the pace clock. Upon completion of the session, swimmers should be ready to add "Masters Swimming" to their regular workout routine.

What To Bring: Swimsuit, towel, goggles and cap (optional but recommended for longer hair). It is also recommended that you bring a water bottle to stay hydrated during the class.



www.oamasters.com