



## **Triathlon Swimming Classes 2nd Semester 2020**

The objective of these classes is to improve athlete's swim speed and endurance by focusing on stroke technique and overall efficiency. At each class athletes will practice drills to build muscle memory through correct repetition. We will start with the fundamentals and progressively build into more advanced drills. Athletes will complete this class feeling more comfortable in the water at faster swim speeds. This program is the perfect opportunity for an athlete to prepare for an upcoming triathlon, or for those interested in introducing themselves to triathlon training.

**Where:** Aquatics Center

**When:** Tuesday and Thursday from 19:00 to 20:00 hrs

**Age:** Adults

**Program duration:** March 10th through June 18th.

**Cost:** 10 UF



***For questions or to register please contact Felipe Dabadie at [fdabadie@nido.cl](mailto:fdabadie@nido.cl).***