

LEARN TO SWIM BETTER

“BETTER SWIMMING” MEANS

- TRANSLATING YOUR POWER TO SMOOTHER MOVEMENT BY WORKING WITH THE WATER, NOT AGAINST IT
- LEARNING TO USE YOUR ENTIRE BODY AS A POWER SOURCE
- REDUCING THE CHANCE OF INJURY BY USING PROPER MECHANICS
- REDUCING SHOULDER AND NECK PAIN
- SWIMMING MORE RELAXED AND SWIMMING FURTHER WITH CONSISTENT ENERGY

**Registration is open through the season.
No instructor permission is required.**

Urbana OR Champaign Resident: \$90; Non-Resident: \$135

- Open to people 13 years and older.
- The only prerequisite is the ability to swim 25 yards.
- We customize our teaching to meet your needs.
- We provide the building blocks to help you to become a more efficient, faster swimmer.
- The coaches have extensive experience in coaching, teaching, and competing.
- Triathletes will learn to swim faster, with less effort, and with less fatigue.
- We want to help you achieve your swimming goals from being a more efficient lap swimmer through being a competitive racer.

Lead Instructors:

Howard Schein: Level 4 High School Certification, Masters Swimmer, former club and high school coach
Carol Hartman: Marathon Swimmer (e.g., English Channel): Masters Swimmer, HS coach
Mark Jaeger: College and Masters Competitive Swimmer

**If on-line messages tell you we are full, contact us. We don't turn people away.
If you have questions and/or trouble registering, contact hschein@gmail.com**

