

2016 Challenged Athletes Foundation

Swim Clinic

Join the Challenged Athletes Foundation® (CAF) for a day of swimming instruction by elite swim coaches, Alan Voisard and Alison Terry of Swim Mechanix. Coaches Alan and Alison have over 50 years of combined coaching experience and have helped swimmers at all levels – from beginners to pro-triathletes and Paralympic medalists to improve their swimming and maximize their performance in the water.

Four Sessions Available:

- Session 1: 10:00 – 11:00AM
- Session 2: 11:00AM – 12:00PM
- Session 3: 12:00 – 1:00PM

All ages are welcome. A basic ability to swim is required. Refreshments will be provided. No cost to attend the event.



LEARN SKILLS LIKE:

- How to swim for speed using proper swim stroke cadence
- Proper swimming techniques and training tips
- How to maximize your breathing and core strength
- How to get the most out of your swim stroke

REGISTER AT: SUPPORT.CHALLENGEDATHLETES.ORG/SFSWIM

VOLUNTEER AT: SUPPORT.CHALLENGEDATHLETES.ORG/SFSWIMVOL

SEPTEMBER 25, 10 AM-12 PM
San Francisco Embarcadero YMCA
169 Steuart St.
San Francisco, CA 94105



For questions, please contact
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