

# Competitive Techniques for Triathlon Swimmers

Love the triathlons! The biking, the running, but not to crazy about the swimming? Love the swimming laps but are dragging after just a few lengths? We just might have the class for you! In this class, our adult instructors will work with you and suggest ways to improve your technique with the ultimate goal of swimming faster and easier than ever before! Maybe you will even enjoy the swimming part of your next workout or next competition or even your next triathlon!

**WHEN:** Mon & Wed 6:00 – 7:00pm, Nov. 7, 9, 14, 16, 21, 2011

**WHERE:** Indoor Pool located at Riverside Middle School

**FEE:** \$25 // limit of 10 students in the class

**REGISTRATION:** Registration is being accepted in the  
Watertown Park and Recreation Office  
514 S. First Street

The department will make every effort to comply with the regulations associated with the Americans with Disabilities Act (ADA). In the space provided below, please list any special need the participant may have that would benefit his/her participation in this program. The department will attempt to accommodate these needs and will contact you to discuss participation.

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## 2011 Winter Competitive Techniques for Swimming

I understand the inherent risk of injury involved in participation in this program and verify the I/my child is medically fit to participate. I give my permission to the supervisors of this program to take the proper steps should the need arise for emergency medical attention. I also release the sponsoring groups and their agents from any and all claims arising from participation in this activity.

Name \_\_\_\_\_ Email: \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

List any special needs this participant has: \_\_\_\_\_

(Parent's) Signature \_\_\_\_\_

Fee Paid: \$25

