



SWIM ONTARIO MASTERS CLINIC

DECEMBER 17, 2017
1:20 PM — 3:40 PM



Format

Split registrants into two equal groups

- 1 hour of a fun challenging work out
- 30 min of underwater video analysis on turns with Ontario Swim Academy Head Coach, Don Burton
- 30 min of under water and above water video analysis on starts with Ontario Swim Academy Biomechanist, Amber Hutchinson
- Switch sides of pool after 1 hour

Registration

1. Open to all masters swimmers registered with Swim Ontario
2. Registration on a first-come-first-served basis, limit of 40 people
3. Suggested donation of \$25 in support of the Swim Ontario/ Para scholarship program. A link will be sent to those registered.
4. Register by completing the following online form: <https://goo.gl/NhVyUd>

competition-side

Main Competition Tank

warm-down-side

