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

SATURDAY, SEPTEMBER 23, 2017
THREE SESSIONS AVAILABLE:
   Session One: 12:30 – 1:15PM
   Session Two: 1:15PM – 2PM
   Session Three: 2PM – 2:45PM

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

LAKESHORE FOUNDATION
4000 RIDGEWAY DRIVE, BIRMINGHAM, AL 35209
REGISTER AT: SUPPORT.CHALLENGEDATHLETES.ORG/BIRMINGHAMSWIM
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FOR QUESTIONS, PLEASE CONTACT LAUREN AT LAUREN@CHALLENGEDATHLETES.ORG
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