

# New Noontime Swimming Program at the Lawrence YMCA!

## Swimming From the Core



### Don't Get Left Behind!

You can swim better once you realize that swimming is a movement art – a set of skills to be mastered – not a physical challenge to be overcome by pure exertion.

We teach swimming from the inside out, using your mind, your core, and your sense of rhythm to keep you moving with power and flow. We teach you:

**Relaxation and breath control.** How to relax and breathe easily while swimming.

**Posture.** How to master freestyle posture, so that you stop fighting the water.

**Core power.** How to perform a set of special exercises on dry land to strengthen and stabilize your core, so that you can swim with your whole body, not just with your hands and your feet.

**Line.** How to keep your body as long and streamlined as possible at every moment in the stroke cycle.

**Flow.** How to connect your kick to your core rotation and arm stroke, so that you move with the same flow and rhythm as the world's best swimmers.

**Speed.** How to find your cruising speed for endurance events, and how to crank it up without losing form.

### About the program

This program is taught in six one-hour sessions. Most of the time you will be in the pool, but there are some dry land exercises, and you will be out of the pool to view video clips. (So bring an extra towel if you chill easily!)

This program has been developed by Bill Steele and Sharon Johnson. Bill is a USA Triathlon certified coach, and Sharon is a certified Pilates Instructor. Bill has been teaching swimming technique to triathletes and competitive swimmers for over twenty years. Sharon is an elite triathlete, who as a member of Team USA has competed at the world championship level.

**Each Thursday** there will be an intense instructional session led by both coaches. There will be general instruction and practice for all students, and you will cycle through multiple stations in small groups. For example, Coach Sharon might be working with one or two athletes on core strengthening exercises on the deck, while Coach Bill is taking underwater video in one lane, and the remaining students practice new drills in another lane using parachutes and stretch chords. You will be given handouts describing all drills and exercises.

**Each Tuesday** there will be an optional practice and review session led by Coach Sharon.

### General Information

Time and Dates: Noon -1:00PM, as follows:  
Thursdays: February 1, 8, 15  
Tuesdays: February 6, 13, 20  
Max Class Size: Eight students  
Price: \$115 for YMCA or TriFury members  
\$125 for others

### To Sign Up

Call or visit the front desk at the Lawrence Branch YMCA:  
978-686-6191



Instruction by Bill Steele  
Certified USA Triathlon Coach  
978-290-1445

Website: [www.breakwatersportstraining.com](http://www.breakwatersportstraining.com)  
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