

# Don't get left behind!

Anybody can swim.

Any swimmer can swim better.



## How is Breakwater Freestyle different?

It teaches swimming as a movement art – as a set of skills to be mastered – not as a physical challenge to be overcome by pure exertion.

## Breakwater Freestyle Programs

There are two separate programs, one for newer swimmers, and one for more experienced swimmers.

## General Information: Both Programs

Sessions:  Six one-hour sessions  
Class Size: Eight students  
Video Analysis: Every session  
Tuition: \$265 for club members  
\$295 for non-members

## Breakwater Freestyle I

This class is for newer swimmers and triathletes. It will teach you to be at home in the water, and to begin swimming efficiently. You will learn to swim with good posture, balance and timing. Without relaxation and these essential skills, swimming will remain a struggle.

OK. So you've got the balance and posture. You are relaxed in the water and can swim effortlessly, back and forth across the pool, or back and forth across the bay, all day long...

But you're not very fast. Now what? Read on.

## Breakwater Freestyle II

This class is for comfortable-in-the-water, experienced swimmers. The goal is to learn to swim faster, while still maintaining good form. You will learn the freestyle drills and focus points used by Karlyn Pipes-Neilsen, who has set over 140 masters swimming records. Most of her focus points have to do with your upper body. But the kick is an essential component that cannot be ignored. To get your kick working for you (instead of maybe against you!), you will learn the two-beat and six-beat kicks that are used by virtually all successful freestyle swimmers. Connecting your kick to your core and your upper-body stroke is one of the last milestones on the road to freestyle mastery.

## Free Video Evaluation Sessions

Not sure if one of these classes is for you? Try a free video session. Up to eight swimmers will be filmed at the start of every hour, above and below water. This only takes about 15 minutes. Then we all spend 30 minutes looking at the video together.

## Mount Auburn Club Program Schedule

### Free Underwater Video Sessions one Sunday only:

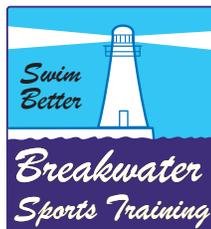
Sunday Jan 14th: 2:00, 3:00 and 4:00 PM

### New Programs Sundays, Beginning January 21st:

Breakwater Freestyle I (two sections): 2:00 PM & 3:00 PM

Breakwater Freestyle II: 4:00 PM

To sign up for a class and/or a free video session, contact the front desk: 617-923-2255



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