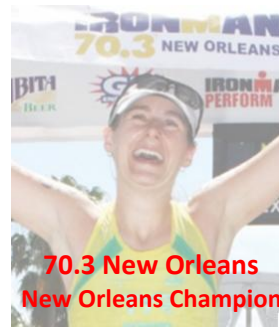




**Ironman Texas
Swim Course Record**

Enfinity Open Water Swim Clinic **Featuring Pro Triathlete Haley Chura** **Saturday April 26th 7:30 – 12:30**



**70.3 New Orleans
New Orleans Champion**

Enfinity Health is hosting an open water swimming extravaganza with **Triathlon's fastest woman in the water**. **Join us at a PRIVATE BEACH on Belews Lake (20 min from Winston Salem)** for the all-inclusive clinic that will cover all aspects of the sport. Along with Haley, we will have all the Enfinity Swim Coaches working/guarding the clinic and swim.

About Haley:

A professional triathlete and former All American Swimmer (Georgia Bulldogs), Haley is in her 2nd year competing at the elite level of the sport. We are honored to have her spend the weekend training and teaching Winston Salem Multi-Sport Athletes and Masters Swimmers.

Description: The highly structured swim clinic that will begin with stations covering the specifics of both open water racing and the triathlon swim. Individuals will rotate through 20 minute stations (below) before the **Enfinit Swim**.

- **Sighting Station:** Learning to “hold a line” when swimming, and sighting in the most efficient manner
- **Drafting Station:** Teaching our athletes the importance and advantage of drafting
- **Mass Start/Finish Station:** Getting over pre-race jitters that come with the open water start and finish

Enfinit Swim: After introduction and station work, the clinic will take on the Enfinit Swim Course; a course varying in length depending on interest. Participants can choose to take this course on at any level or effort desired; the goal is to swim as far as you like at whatever pace you prefer. **Life guards are stationed through the clinic and swim course.*

Post Swim Festivities:

- Sand Volley Ball
- Corn Hole
- Pizza, Water & Adult Beverages



Private Beach: Belews Lake

Be Sure to Bring:

- Preferred Open Water Swim Gear
 - Swim Suit: Wet suit/Speed Suit
- Goggles
- Sandals
- Dry Clothes for Post-Swim Fun
- Multiple Towels (to dry off between stations)

What is Included:

- Bright Colored Open Water (Silicone) Cap
- Water Bottle
- Enfinity “Swag” Bag (Promo Material)
- Elite Level Swim Coaching
- 2 hrs + of exercise and fun

This clinic is for Adult Swimmers and Triathletes (21+ age) only

Cost and Additional Info

- Clinic is limited to first 60 participants / Email: Info@enfinityfit.com ASAP to secure registration
 - Cost: \$50 per person
 - For any more details contact Coach Nick (336) 575-1443
- *All participants will receive an email the week prior to clinic with full clinic details*