



THE SWIMSTITUTE PRESENTS:
A DISTANCE FREESTYLE SWIMMING CLINIC WITH
THE CURRENT 1500 METER WORLD RECORD HOLDER,
AND 2008 OLYMPIAN
KATE ZIEGLER



Saturday, January 22, 2011 from 4pm - 6:30pm

\$75.00 (\$90.00 after Dec. 23rd, 2010)

- The first 30 people who sign up will be entered into a drawing to accompany us and Kate to dinner the night of the clinic. The winner may bring one guest (if winner is a minor, they must bring an adult) and dinner will be paid by the Swimstitute.
- This is **NOT** a "learn to swim" clinic! The focus will be on **distance** freestyle swimming. Great for mile swimmers, master swimmers, open water swimmers, and triathletes who want to learn from the best in the world.
- The clinic will consist of a lecture, question and answer time, with time for autographs and photos, and then it's everyone in the pool to work on drills and swimming with Kate.

Registration: (limited to the first 40)

The Northern California Swimstitute

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