

COLUMBIA MULTISPORT CLUB PRESENTS:



OPEN WATER SWIM CLINIC WITH C26 TRIATHLON COACH ROBBIE BRUCE

JULY
29
2017

Finger Lakes State Park, Columbia, MO, 3pm - 6pm

Do you want to improve your open water swim stroke and get faster in the water? What about dealing with anxiety or swimming in a crowd? Do you swim crooked and want to learn how to swim straight, plot your course, or corner buoys? If you answered YES to any of these, then this clinic is for YOU! These are only a handful of topics that will be covered. Let's Swim!

For more information & to register, visit:

WWW.COLUMBIAMULTISPORT.COM

To learn more about Coach Robbie, visit:

WWW.CRUSHINGIRON.COM/25170-2/

"Best swim lesson I have ever had.
Period. Hands down. Couldn't even
make it from one end of the
pool to the other when I met you.
True story."

Andy Jones, Knoxville, TN
70.3 World Championship Qualifier.

"I had been a life-long swimmer but as an adult, I
could not get below 2:30/100 yard pace for the life of
me! After a month of changing my stroke from the
1980s style of the underwater "s" stroke to the
"underwater pushing a book", I dropped 20 seconds
off my average pace! Thank you"

Sharon Cardona, Cincinnati, OH
First time 70.3 triathlete