

# Flip Turn Clinic

February 13th—Wednesday



## Flip Turn Clinic

Wednesday, February 13<sup>th</sup>

7:00pm to 8:00pm

**Cost:** Member \$18; Non-Member \$20

Increase your sense of flow and continuity as you swim laps with effective flip turns. In this one-hour clinic, learn the fundamentals of:

- *Approach and gauging distance to the wall.*
- *Initiating the flip.*
- *Completing the flip and planting feet on wall.*
- *Push-off and breakout.*

Appropriate for intermediate and advanced swimmers and triathletes.

**Instructor:** Total Immersion™ Master Coach *Shane Eversfield.*

**Pre-Registration is encouraged.**

**For more info, email Shane:**  
[shane.eversfield@gmail.com](mailto:shane.eversfield@gmail.com)



For more information contact Shane Eversfield:

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