

# Tri-athlete Swim Clinic

*The Edge in South Burlington, 75 Eastwood Dr. South Burlington, VT*

A swim clinic designed for athletes looking to improve their swimming efficiency, endurance, and confidence in the water. Led by Coach Maria Cimonetti, twice-a-week workouts, which include: stroke technique instruction and drill work, endurance training, pacing and speed sets, as well as triathlon specific swim skills. 10 or 5 punch pass options available. All abilities welcome!

**Dates: March 9<sup>th</sup> – June 2<sup>nd</sup>, 20 coached sessions possible**

**No clinic April 24<sup>th</sup> – May 11th**



**Evenings: Thursdays 6:15PM – 7:15PM**

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**Mornings: Fridays 8:00AM – 9:00AM**

**Fee: 5 Punch Pass: Member Rate: \$75 Non-Member: \$90**

**10 Punch Pass: Member Rate: \$120 Non-member: \$150**

**Coached by Maria Cimonetti**

- Former US Swimming/ASCA Certified Swim Coach
- Former USAT Certified Triathlon Coach
- Founder/owner Vermont Triathlon Tribe
- Experienced open water swimmer/tri-athlete

For more information, please contact Erin Ackerman at [erina@edgevt.com](mailto:erina@edgevt.com) or 802-860-3343 ext. 1130