



2015 OWS SPRING POOL CLINIC

ALL LEVELS WELCOME! FUN, SAFE AND EFFECTIVE!!

THIS CLASS IS DEVELOPED BY **COACH BRYAN KRUT** -- WITH OVER 20 YEARS OF EXPERIENCE, COACH BRYAN HAS DEVELOPED A SUCCESSFUL ONE-OF-A-KIND OPEN WATER SWIM (OWS) PROGRAM IN A POOL ENVIRONMENT.

IF YOU'RE LOOKING TO GET INVOLVED WITH YOUR FIRST TRIATHLON OR JUST WANT TO LEARN HOW TO SWIM. THIS IS FOR YOU!

IF YOU'RE LOOKING TO GET COMFORTABLE AND LEARN HOW TO RELAX AND BE MORE CONFIDENT IN AN OPEN WATER SWIM..... THIS IS FOR YOU!

Coach Bryan has set up a simulated OWS clinic for all to understand what is to be expected in a real life event!

WAVES! CROSS CHOP! WIND SWELL! WIND CURRENT! REAL CURRENT! BOUY SPOTTING! SPOTTING HAZARDS! HOW TO HAVE FUN!!!! ENJOY THE RIDE!!!! SAFETY AND MORE!!!

TRAINING SESSIONS: Saturdays: April 11th April 18th, May 2nd and May 9th. Four amazing and powerful sessions that will give you the technique to transfer over to the Open Water!

TIME AND PLACE: 8:15- 9:15 AM, Golds Gym in Islip, go to our web site for directions.

PRICE: \$80 for all four session! Limited spots available.

SIGN UP TODAY: Email us at chrisbegin2swim@gmail.com or phone at **631-707-1981.**

Also, starting MAY 16 will be taking it to the outdoors with Open Water Swim Training! Stay posted for more details on our weekly schedule at www.openwaterswimli.com and/or follow us on Facebook and be sure to check for regular updates: facebook.com/openwaterswimli.com

Bryan Krut is a 5 time winner of the Maggie Fischer Cross Bay Swim, a Fire Island Ocean Lifeguard for over 25 Years and has a proven track record as a coach and open water Olympic distance swimmer. Since 1993 Coach Bryan has won 99% of all open water swim races, including triathlons and long distance open water swim races. He is the owner of Open Water Swim LI, Begin2SwimLI and coaches several hundred swimmers from Novice swimmers to Pro Elite Triathletes and All American Swimmers.

Coach Bryan and his Team of Coaches will teach you how to swim and will help you achieve your goals!

Go to www.openwaterswimli.com and see our testimonials.