

**KNOWLEDGE
STRENGTH
ACCOMPLISHMENT**



**Get Race Day Ready
with Open Water
Swim Clinics**

USA Triathlon Certified Coaches, Ingrid Lagoe & Stephanie Bolster, announce two Open Water Swim Clinics to prepare you for the Finger Lakes Triathlon. Learn open water specific technique for race day!

Sign up at www.active.com. Advance sign-up required—space is limited. For more information, please contact tri@canandaigua-ymca.org

**Saturday, August 20 at 10 a.m.,
Kershaw Beach, Canandaigua**

Cost: Free to Canandaigua Y members and Train to Tri participants; \$10 all others.

**Saturday, September 3 at 9 a.m.,
Kershaw boat launch,
Canandaigua:**

In addition to open water technique training we will work on proper transitions for the Finger Lakes Triathlon.

Cost: \$10 members & non-members

**Win a FREE
Underwater Camera
Assessment
by participating in one of
the clinics.
One winner per clinic!**