

Update Your Freestyle Swim Skills



Instructor: Mark Fellner

Date/ Time: Tuesdays 11:15am-1:15pm

Session Dates: October 10, 17 (2 sessions)

Location: Mt. A Athletics Building, 50 York St
Sackville NB

Participants: Minimum 2, Maximum 6

Course Outline:

The course will cover front crawl swimming basics - Stroke Correction, Efficiency & Injury Prevention.

Minimum requirements for attendees:

- **to have the skills to swim 4 x 25 m freestyle (resting 10 seconds if required each 25metres).**
- **in general, to be in good health and fit enough to swim for periods of 10 minutes without ill effect .**

Time commitment: approx. 2hrs per session (15mins to change, 30min classroom session on deck, 1 hour video feedback class in pool)

A poolside Lifeguard will be in attendance.

MtA's swimming pool is in the basement of the Athletics Building at 50, York St.

Instructor Bio:

Mark's coaching experience:

Personal coach at 3 Olympic Games 1984, 1992, 1996

Head Coach/Mentor – Swim Canada National Youth Tours twice to Europe

Remember to check your email before each new course begins and during the course. You will be contacted by email if:

- a) The course is cancelled or delayed unexpectedly or if there is a change in the time or venue of the course.
- b) During the course if the instructor gives notice that he or she is ill or unavailable for one of the sessions. The course liaison will attempt to contact those without email by phone, so please ensure the TSC has your correct phone # as well.

Absence/ Absenteeism - TSC instructors are volunteers who work very hard to prepare courses. Your cooperation is appreciated in letting them know if you are unable to attend as most instructors plan for the number of students who registered for the course. If circumstances change for you between registration and the first class, or if you decide to withdraw from the class, please email the TSC coordinator at tsccordinator@gmail.com. You can also call 506-364-2780 to let us know. Many courses have a wait list and someone else may be able to take your place. Once the class has started please advise the instructor if you are unable to attend a session.

Classroom comportment - Active class participation is encouraged by the TSC. We request that class members are mindful and respectful of the level of comfort of their fellow students and the volunteer instructors as they participate in the discussions.