



# STARTING NOW TRIATHLON SWIM TRAINING

## Sign Up Today IF:

- You are an athlete looking to improve your swim performance
- Want to improve swim conditioning, power, speed and more
- Would like to learn drills to perform better during the swim portion of a triathlon
- Have mastered the basic freestyle stroke
- Would like expert advice from experienced triathlon competitor, coach, and personal trainer, Mavie Hogue!

**2 Sessions to  
match your  
schedule!**

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**Session 1: Feb 21,  
28, March 7, 14  
(4-5pm)**

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**Session 2: April 4,  
11, 25, May 2  
(4-5pm)**

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**Located at the  
HPER pool!!**

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**Cost will vary  
based on UREC  
affiliation. Open  
to non-members.**

## **HOW TO REGISTER:**

**Students:** Please visit  
[urecmembers.uark.edu](http://urecmembers.uark.edu)

**Other participants:**  
Please register in person at  
the UREC main office,  
located in HPER 225 or  
call 479-575-4646