



Open Water Training for Adults and Children

- Get comfortable in the open water
- Learn open water techniques
- Sighting, drafting and more
- Perfect for Triathletes and Open Water Swimmers

Mornings and Afternoons at the Chatfield Gravel Pond

Pool Training for Adults and Children

- Individual or Small Group Technique Focused Training
- Personalized Training Plans
- Have worked with **Olympic Trials, Senior Nationals, and Ironman World Championship Qualifiers**

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