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Diana gives a swim clinic in Mexico

Posted by Xtreme Dream Team on May 11, 2012 in Blog | 7 comments

Diana giving a swim clinic at Club Med in Cancun, Mexico. The gay travel outfit Olivia brings Diana and Bonnie on their trips often to present their fitness company BravaBody.com Bonnie is prepping for knee surgery on Wed so Diana handled this one solo.

Along with gym workouts and tips at the pool, Diana entertained the crowd with funny stories last night at the theater....and they gave her a long standing ovation and chanted her name when she told them she was going for Cuba ONE MORE TIME!!!!



Archives

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Diana's Tweets



- It's important to let the LGBT youth know that [@ItGetsBetter](#) <http://t.co/FOW57QPg> about 15 hours ago from HootSuite
- RT [@itgetsbetter](#): [@diananyad](#) Thanks for the love, Diana. We've heard of you and love what you do. 05:46:24 PM May 25, 2012 from HootSuite
- [@itgetsbetter](#) No problem! I love what you guys do. It really is important what your organization is doing. Keep moving ONWARD! 05:46:04 PM May 25, 2012 from HootSuitein reply to [ItGetsBetter](#)
- [@starducks24](#) These 12hr swims have taken its toll. I am resting and will hopefully be able to get some videos this weekend. Stay tuned! 03:48:32 PM May 25, 2012 from HootSuitein reply to [starducks24](#)
- RT [@more_gin_soule](#): [@diananyad](#) check this out! My school made its own [@ItGetsBetter](#) video

7 Comments



Laura B.

May 11, 2012

Very Nice Diana! You have always given back to others. That tells me a lot about you – that you are caring, generous and a wonderful woman! Take good care.

Reply

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About this capture



Ginger

May 12, 2012

That little clip just helped me think about my stroke and how to make it more efficient . Thanks. Glad you had time for a little R&R. That trip looks like fun too.

Reply



Elizabeth

May 14, 2012

It's so terrific to see you and Bonnie in the GLBT community. The two of you are icons and inspirations—for way more than swimming.

Reply



alize

May 15, 2012

I enjoyed to watch it diana, I wish that I could meet you in person one time because you are very much able to share your passion and to lift us up. The majority of people do not understand the freedom of swimming, especially in the sea. It heals the mind and soul. a big hug and kiss from alize in spain, and I obviously will follow you again till you will swim ashore in florida, with your spirit you will be able to know and see us all waiting there for you, even when we are not there!xx

Reply



Mickie

May 15, 2012

It was a great clinic, Diana. Getting feedback from you was one of the trip high points for me.

Reply



Seja

May 15, 2012

Thank you for a fantastic clinic and the work out instruction. You are so motivating to so many. Definitely the biggest thrill of the trip. As I mentioned you were my teen idol and I still am awed by all you have accomplished. Will be rooting for you during the swim.

Reply



AI3

May 16, 2012

Спасибо за фантастический клиники и работы из инструкции.

Reply

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Diana Nyad's Xtreme Dream

"Diana is more than a swimmer. She's a beacon of hope to us all that we can dream big, live life large, and look back at all of it with no regrets whatsoever."

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- Toughest Day of Year
- Diana gives a swim clinic in Mexico
- Diana's Speech to United Health Care
- End of 13 hours
- First Day in Mexico—13 hours

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- Ginger on Toughest Day of Year
- Al3 on Diana gives a swim clinic in Mexico
- Marianna on Whistle
- Seja on Diana gives a swim clinic in Mexico

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