



Triathletes! Open Water Swimmers!

Open Water Swim Clinics- Summer 2011



Madison Beach - 5:30-7 p.m.
Tuesday, July 12, Course# 72804
Tuesday, July 19, Course# 72805
Tuesday, July 26, Course# 72806
Tuesday, August 2, Course# 72807
Tuesday, August 9, Course# 72808
Tuesday, August 16, Course# 72809

Learn how to swim in open water for a race or for fun! Your instructor, Steve Vela, will share his years of open water swimming experience.

Please call Steve at 206-386-4282 if you have any questions.

- **How to swim a straight line in open water**
- **How to swim safely in a crowd**
- **How to swim efficiently**

Madison Beach clinics are located, where E. Madison St. meets the waters of Lake Washington. Meet us at the Lifeguard Building. All clinics bring your suit, towel and a pair of goggles.

Each class is **\$20**. You can sign up online at www.seattle.gov/parks (course codes) , by phone at 386-4282, at any Seattle Parks and Recreation swimming pool or community center, or on site the day of the event. Please bring exact change or a check made out to the City of Seattle if you are paying at the beach. Each clinic will give you an insight to open water swimming. All swim clinics are geared to beginner and novice open water swimmer.