

Open Water Swimming Clinic 101



April 19, May 16, June 28

Treasure Island

\$50 9-12pm adults

\$40 1-3pm youth

- Become more comfortable and efficient with:
- swimming in water where you can't see anything
- sighting to stay on a more direct course
- swimming in waves and choppy water
- enjoying the open water
- swimming in cold water

For more information contact Open H2O at:
510 292 5343 or go to morganfiller.com



Open H2O offers everything from weekend workshops to swim camps for all ages that train swimmers to love the open water and even to conquer the Alcatraz crossing.