



# ***Triathletes! Open Water Swimmers!***

## **Open Water Swim Clinics- Summer 2009**



### **Green Lake Clinics 6-7:30 PM\***

Monday June 15, course # 44276  
Wednesday June 17, course # 44277

### **Madison Beach Clinics 5:30-7 PM\*\***

Wednesday July 8, course # 44278  
Wednesday July 15, course # 44279  
Wednesday August 5, course # 44280  
Wednesday August 12, course # 44281

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 to teach you:

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

\***Green Lake** clinics will meet in the lobby of Evans Pool/Green Lake CC at 6 PM, we will try and swim in Green Lake depending on the weather.

\*\***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 clinic is **\$20**. You can sign up online at [www.seattle.gov/parks](http://www.seattle.gov/parks) or by phone at 386-4282, or at any Seattle Parks and Recreation swimming pool or community center. Clinics are limited to 20 participants. We will allow drop-in registration if we are under 20 participants. Please bring exact change or a check made out to the City of Seattle if you are paying at the beach.

All swim clinics are geared to beginner and novice open water swimmers.

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