



OPEN WATER SWIM CLINICS

9/24/2011 & 11/26/2011
Bonelli Park, San Dimas, CA

CLINIC INCLUDES:

- Goodie Bag*
- Technical T-Shirt*
- Open Water Swim Talk
- 1 Hour Swim Practice
- Life Guards, swim buddies
- * for pre-registered participants only

**Limited space available, pre-register online on active.com.
On-site registration available starting at 8:00am**

FOR MORE INFO AND OTHER CLINICS GO TO:

Coach-Tony.com



Training Plans:

- Triathlon
- Marathon
- Cycling