

# Open Water Swim Clinics

@ Aquatic Park, San Francisco

Saturday, Aug 26, 8:30-9:45 am

Saturday, Sept 2, 8:30-9:45 am

**Don't miss this opportunity to get great open water swimming tips. TriNow will donate 10% of all clinic proceeds to 2017 Swim Across America San Francisco Bay Swim.**

- **Learn:** about open water swim strategies, race day prep, safety, stroke technique and more.
- **Gear:** wear two swim caps or a neoprene cap, wetsuit, goggles, and ear plugs (optional). Only bring payment and waiver, a towel, shoes and car key to the beach.
- **Aquatic Park:** Meet next to the Dolphin Club (bleacher end of the beach). Park on the street at the end of Van Ness and walk around or at the meters in front of the Dolphin Club, 502 Jefferson St, San Francisco.
- **Fees:** payable by cash, check or credit card  
Adults: \$15 / clinic  
Teens: \$10 / clinic (13-18 yrs & able to swim for 20 min continuously)
- **Liability Waiver** must be signed before the clinic (available at clinic)
- **Registration in advance is required:** email [Melissa@trinowfit.com](mailto:Melissa@trinowfit.com) or call 415.235.6550 (minimum of 5 people)

Melissa Lewis is the owner of TriNow Triathlon & Fitness. She currently coaches masters swimming at the Rafael Racquet Club and the Bay Club Marin and is a personal fitness trainer.