

2019 Open Water Clinic Information

Hello Swimmers,

The **Swim Across America San Francisco Bay Swim** is fast approaching on Saturday, September 28th. Register for 1 or all 3 clinics to help you get acclimated to the cold water and feel confident swimming in the Bay before you jump feet first off the ferry.

These clinics are great for anyone who is new to open water swimming or who may have done it before but not in a while. I will discuss strategies for dealing with the cold, relaxing your breathing, preparing for the day of the event, safety, stroke technique and more. Each participant will also receive a **TriNow Swimming** neon orange swim cap for free.

Clinic Dates & Location:

- **Sunday, Sept 8 at 8:30 – 10:00 am**
Paradise Park, 3450 Paradise Dr, Tiburon
Meet in parking lot, \$10 parking fee
- **Saturday, Sept 14 at 8:30 – 10:00 am**
Paradise Park, 3450 Paradise Dr, Tiburon
Meet in parking lot, \$10 parking fee
- **Sunday, Sept 22 at 8:30 – 10:00 am**
Aquatic Park, San Francisco
Meet next to Dolphin Club, 502 Jefferson St, SF (bleacher end of beach)
Park on the street and pay meters.

How to Register:

- Advanced registration required to guarantee your spot.
- **Complete Registration & Liability Waiver** and email to me at Melissa@trinowfit.com by the Wednesday before the clinic.
- **Pay fee** by PayPal to melissa@trinowfit.com (preferred), check or cash.
Adults: \$20 / clinic
Teens: \$15 / clinic (13-18 yrs & able to swim for 20 min continuously)
** TriNow will donate 10% of all clinic proceeds to 2019 SAA SF Bay Swim **
- You will receive a confirmation email and reminder.

What to Bring:

- Wetsuit, goggles, swim cap and ear plugs (optional).
- Only bring towel, shoes and car key to beach.
- Liability Waiver must be signed before clinic.

Clinic Timeline:

8:15-8:30 am	Check-in & get wetsuit on
8:30-8:50 am	Clinic presentation will begin promptly at 8:30 am
8:50-9:30 am	Break into groups & swim!
9:30-10:00 am	Finish swim & wrap-up

Questions & Share Clinic Info:

I'm happy to answer any questions you may have. You can contact me by email or call my cell 415.235.6550. Also, please share this clinic information with anyone you know who may be interested.

I hope to see you all in the Bay!

Coach Melissa Lewis

Melissa Lewis is the owner of TriNow Triathlon & Fitness. She has 10 years of coaching experience. She currently coaches masters swimming at the Rafael Racquet Club and the Bay Club Marin and is a personal fitness trainer.