

Open Water Swim Clinics

Ever wanted to become a better Open Water Swimmer?

This summer you will have the chance in a safe, lifeguarded environment. Sonoma County Parks is offering Swim Clinics at Spring Lake Swimming Lagoon every Thursday night from 5:30 – 6:30 pm.

Sonoma County Lifeguards will give a brief introduction in technique and then provide a workout focusing on open water swim skills.

This is a great opportunity for beginning tri-athletes as well as the seasoned open water swimmer who wants a SAFE place to practice.

\$2.00 for Sonoma County Parks Members

\$3.00 for non-members

Spring Lake Swimming Lagoon is located at 393 Violetti dr. Santa Rosa CA, 95409

Clinics begin this Thursday, June 2nd, 2011

For more information contact David Robinson at (707) 565-2041.