



TOTAL IMMERSION

**2-DAY
WORKSHOP
\$110/MEMBER**

**SEPT. 29-30,
9-11 AM
RECREATION
POOL**

Total Immersion is for swimmers of all levels who want to swim with more comfort, confidence and pleasure. You will learn drill sequences resulting in a freestyle that is faster, easier, and more efficient. All levels welcome. Please bring goggles, swim cap and a notebook. \$110/member