



TOTAL IMMERSION

**VIDEO
ANALYSIS**

JANUARY 6
9AM-NOON *BEGINNER*
1-4PM *PRIOR WORKSHOP*
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. \$200/member