



TOTAL IMMERSION

WORKSHOP
\$150/MEMBER

MAY 11, 1-4PM
BEGINNER

MAY 12, 1-4PM
PRIOR WORKSHOP

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. \$150/member