

TAT Sponsored...

Open Water classes this Saturday. Details below. Please sign up classes have limited size!

1. New to open water - limit 6 People per class
or
2. Veteran swimmer - learn and practice open water techniques - limit 10+/- people per class

Please reserve a spot. Class size is limited so just don't just show up.
e-mail me at Janet@coach-janet to get on the roster.

Location:

Lake Heyburn, near Kellyville OK - about 30 minutes from Tulsa, the same location of the Tri Tulsa events.

Map from web site, expand to see how to get to I44 and Route 33, follow this map to swim and race site.

<http://www.facebook.com//KAQByFLI5AQcNbwWA6VQjn2VfFMLq0eIAwTrsBFxPIfbwRQ/www.gmap-pedometer.com/?r=4563010>

Schedule:

Time 45 minutes classes starting every hour - 8AM New to Open Water, 9AM Veteran Swimmer, 10AM overflow sign ups. 11AM overflow signups

I will fill classes and times based on responses. Please reserve a spot. Class size is limited so just don't just show up.

e-mail me at Janet@coach-janet to get on the roster.

Fee:

Charge \$10, includes park entry fee - I am also getting some assistant coaches/helpers to swim with the newbies

Notify:

Please let me know ASAP if you want to reserve a spot. Let me know what class you are interested in,

e-mail me at Janet@coach-janet to get on the roster.

Who:

TAT membership required - bring membership card.

Bring:

What you will probably swim in at your event. Nose plugs, ear plugs - what ever you are usually swimming with. BRIGHTLY COLORED SWIM CAP- MANDATORY, Goggles, good to have shaded type and a set with clear or light colored lenses. So you can use the type this is best for conditions. Towels, flip flops, snacks, water. No MP3 players or in the water music listening.

Thanks hope to see you at the lake this weekend... :)

Janet