**Open Water Swimming**

Have a triathlon coming up? Want to try something different?

We have some upcoming opportunities to learn about Open Water Swimming.

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| Learn some basic skills for Open Water Swimming: Sighting, Navigation, Buoys, and Pack Swimming$25 for USMS Members, $35 for non-members**10am - Noon****October 6****Clinic** | An unstructured practice allowing training time in a controlled open water environment. $10 per swim.Saturday, October 13 – 10-12Sunday, October 21 – 1-3Saturday, October 27 – 10-12Saturday, November 17 – 10-12**Training Swims** |



All events held at:

**18605 Barnett Road**

**Zachary, LA 70791**