



You are reserving a spot for **Open Water Fundamentals (USMS MEMBERS)**

Sanctioned by ILMISA for USMS, Inc. #218-S012

Clinic

Friday, June 15, 2018 5:00 PM - 7:30 PM.

Open Water Fundamentals

Virtual Aquatics Swim Team (VAST) is partnering with Academy Bullets Masters (ABM) to host an open water swimming clinic for masters swimmers of all ability levels. Swimmers will learn and practice skills that will help them in triathlons, open water swims, and training events. Coaches will provide demonstrations as well as event takeaways that attendees can bring home with them. The goal is to gain the confidence and knowledge to perform better in the open water.

Coaches

Chris Colburn is the Head Coach of ABM in Aurora, Illinois and the Lead Coach for VAST. He has over a quarter century of experience coaching swimmers of all ages and ability levels. Chris called "The Beach" his backyard pool for almost eight years. He has developed many ideas on using the facility's unique features to teach a myriad of open water topics in a controlled environment.

Location

Centennial Beach Park
500 W. Jackson Ave.
Naperville, IL 60540

Schedule

Friday, June 15, 2018
Check-In: 4:30 - 5:00 pm
Swim Clinic: 5:15 - 7:30 pm

Please be in your suit and on the on the deck promptly by 5:00 pm.

Equipment

Please bring your suit, goggles, and a towel. A swim cap will be provided to you for the clinic.

Registration

Registration closes at midnight Central time on Friday, June 8, 2018 or when the clinic enrollment reaches 30.

Payment

Your online registration for this course will be paid by debit or credit card and processed by Club Assistant. Please look for "ClubAssistant.com Events" on your statement.

Social Event

After swimming for over an hour, you are going to build up a healthy appetite. The plan is to have a group dinner after the clinic at a Downtown Naperville restaurant with a Chicago flavor, such as Lou Malnati's or Giordano's. If you are interested in dinner with the group, you will be responsible for covering your own food and drink. More details about dinner will be provided to participants closer to the clinic date.

Cancellation Policy

Clinic registrations are non-refundable and non-transferrable to another individual. If you can provide a minimum of 72 hours notice before the start of the scheduled clinic time, you may transfer your registration to a clinic at an alternate date and location. Written email notification must be sent to clinics@virtualaquatics.net

Current Attendees 0
Maximum Entrants 30

Cost:

Open Water Clinic \$40.00.

Directions: Please complete the sign-up information below with the participants login name and password.

First-Time User Non-Member Signup	Returning User Member Signup
	Login Name * <input type="text"/>
	Password * <input type="password"/>

Submit

* Required fields

[Forgot your Login Name or Password?](#)

[Need new Login Name and Password?](#)

[Access your Online Account](#)

[Change your Login/Password](#)