

In The Swim

by Gerry Senner

Open ocean swim clinics will be held all four Saturdays in August starting at noon. Sign up now at the Front Desk.

- Canoe and paddle escorts will be provided.
- There is no fee.
- Swimmers can choose a ¼-mile or a ½-mile course.
- Clinics are not swimming lessons; please know your ability.
- Clinics are open to all OCC members, spouses and children.
- No fins are allowed. Snorkels and goggles can be used.
- The swim is not a race; it is for conditioning.
- Gatorade will be served at completion on the beach. There will be a chance for swim talk and companionship.
- Meet at the OCC flag standard on the beach at noon sharp every Saturday in August.