

Special Event: Introduction to Open Water Swimming



Coaches, swimmers, triathletes, and parents, WaveOne Swimming is presenting a Potomac Valley Swimming supported open water swimming clinic and timed practice swims April 5 at 5pm. **Aloha Splash** is a unique indoor event that encompasses the entire Kennedy Shriver Aquatic Center in North Bethesda, MD. All the lane lines and bulkheads are removed, buoys placed to create a 150 meter open water course. This is an all ages event for the entire family and is designed to educate our pool swimming community on the joys of open water in a safe controlled indoor venue. Aloha Splash is also intended to raise awareness and funds for **Special Olympics Open Water Swimming** athletes. For those swimmers or triathletes with open water experience, this is a perfect opportunity to refresh and improve your skills.

So bring yourself and your family to enjoy the swims, 200' water slide, leisure pool, a raffle and food for a great cause. Share in the fun and the warm aloha spirit. The clinic demonstrating open water swimming skills and safety begins at 5:15pm followed by timed swims of 150 meters, 500 meters and 1,500 meters. **Check in opens at 4:30pm Saturday evening, April 5.** Since 2008, WaveOne Swimming has been conducting open water swimming clinics and events, and is the only Washington area organization to specialize in open water swimming.

Community service hours will be credited for student swimmers and volunteers. Volunteers are needed. Please contact us at info@waveoneswimming.com or visit www.alohasplash.com to learn more.

