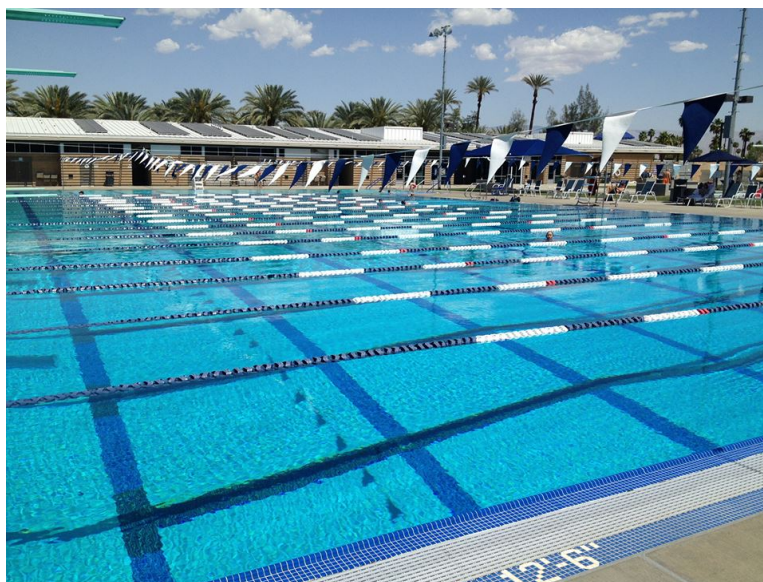


2020 SWIMCATION

with Coach Sue Welker and
yoga with Cathy Broad
Palm Desert, California!

Thursday February 20 - Monday February 24

Make plans now for a much needed February SWIM CAMP with daily yoga, 6 swim practices, hike Sunday afternoon, lots of sunshine & Socializing. We will offer morning yoga / stretch sessions Friday to Sunday and daily practices swimming both 25 yard & 50 meter practices, Our group dinner will be Saturday evening and will have a wrap up gathering Sunday evening.



Palm Desert Aquatic Facility

Lodging at **Shadow Mountain Resort**,
<http://www.shadowmountainresort.com>

1-800-742-3713 grp block under Coach Sue Swim Camp
Shadow Mountain offers studios, 1, 2 & 3 bed room units.
CALL ASAP TO GET A ROOM AT OUR GROUP RATES!!

Make your hotel reservations now & return attached form
to Coach Sue to reserve your spot to train in the California sun.

Confirmation & schedule
Will be sent upon receipt of deposit.

Name: _____
Email: _____
Preferred phone: _____
Food allergies or medical concerns: _____

ALL PARTICIPANTS MUST BE A CURRENT USMS SWIMMER

Fees for trip:

\$300 Includes pool fees, coaching, yoga sessions, organized hike group dinner Saturday and Sunday wrap up.

Non swimmers welcome. \$125 fee for all activities except swimming

\$100 nonrefundable deposit required with registration BY JANUARY 15th
\$200 balance due Feb 15th

Mail check, Venmo, Zelle, or Chase quick pay Sue Welker at
coachsue1@aol.com

Detach below for swimmer receipt:

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Final payment for trip will be due February 15th

\$100 deposit due by January 15th!

Method of payment: _____ date paid: _____

Join our facebook group! Training Trip with Coach Sue

Questions email Sue: coachsuewelker@gmail.com

Mail registration & pay \$100 deposit to Sue Welker
2269 River Woods Dr. Naperville, Il. 60565