

# Say Yes! TO LIFE SWIMS



Discover the joy of swimming



## What is a Swim Excursion?

Swim Excursions are for people who love to swim, as well as those practicing for an important triathlon.

Our non-competitive, small group Excursions will help prepare you for “the big one,” or just give you an adventure you won’t forget.

Safety kayaks and a trained lifeguard accompany each Excursion. Your shoes will be warm when you exit the water!

### More information at:

[www.say-yes-to-life-swims.com/northwest-swim-excursions](http://www.say-yes-to-life-swims.com/northwest-swim-excursions)

**Cost:** \$35 per Excursion

### Register for all swims here:

[www.say-yes-to-life-swims.com/register](http://www.say-yes-to-life-swims.com/register)

## 2012 Northwest Swim Excursion Dates

|                     |               |                  |
|---------------------|---------------|------------------|
| <b>May 19</b>       | 2 PM – 4 PM   | <i>3/4 mile</i>  |
| <b>June 2</b>       | 10 AM – 12 PM | <i>1 mile</i>    |
| <b>June 16</b>      | 10 AM – 12 PM | <i>1 mile</i>    |
| <b>July 7</b>       | 10 AM – 12 PM | <i>1.2 miles</i> |
| <b>July 14</b>      | 10 AM – 12 PM | <i>1.2 miles</i> |
| <b>August 11</b>    | 10 AM – 12 PM | <i>2.4 miles</i> |
| <b>September 15</b> | 10 AM – 12 PM | <i>2.4 miles</i> |
| <b>September 29</b> | 10 AM – 12 PM | <i>1.2 miles</i> |

## Summer Special:

Register for 5 Excursions and get your fifth one FREE!