

# Open Water Swim Clinic

Co-sponsored by the Long Branch Dept. of Recreation in Association  
With the Ray Licata Memorial Long Branch Ocean Swim

**Saturday, August 15 8-10:30 a.m.**

**Pier Village, Long Branch, NJ**



**WORKOUTS ■ SAFETY ■ STARTS**  
**TECHNIQUE ■ NAVIGATION ■ FINISH**



US Masters Swimming Long Distance All American Jeff Jotz and other experienced open water swimmers will prepare you for swimming in everything from a backyard pond to the English Channel. Clinic will consist of dryland instruction as well as swimming in the ocean. **Beginners and advanced open water swimmers are welcome, but all swimmers should be able to complete an 800-yard pool swim without difficulty before participating in this clinic.** Refreshments will be provided for participants. Wetsuits are allowed but not necessary. **Pre-registration required.**

**COST:**

Ages 12-17 **\$25**

Ages 18-up **\$60**

Registered US Masters Swimming Members (please attach copy of 2015 USMS card): **\$40**

Clinic size is limited to 15 swimmers.

Make check payable to Ray Licata Memorial Swim and mail to 1218 Farrell Ter., Rahway, NJ 07065, postmarked by August 10.

**DIRECTIONS:**

*Directions from Northern NJ and NY:* Take the NJ Turnpike South to Exit 11. Take the Garden State Parkway South to Exit 105 to Route 36. Follow Route 36 approximately 6.4 miles to Ocean Boulevard, Long Branch. Turn right onto Ocean Boulevard and proceed approximately 0.5 miles to Pier Village on the left.

*Directions from Western NJ and Philadelphia:* Take the NJ Turnpike North to Exit 7A. Follow Interstate 195 East to Exit 36. Take the Garden State Parkway North to Exit 105 to Route 36. Follow Route 36 approximately 6.4 miles to Ocean Boulevard, Long Branch. Turn right onto Ocean Boulevard and proceed approximately 0.5 miles to Pier Village on the left.

Go to [PierVillage.com](http://PierVillage.com) for more Directions.

NAME:	DOB:	ADDRESS:	USMS
CITY/STATE/ZIP:	PHONE:		NO.:
E-MAIL:	PARENT/ GUARDIAN NAME (UNDER 18):		
PARENT/ GUARDIAN PHONE:	PARENT/ GUARDIAN E-MAIL:		

In consideration for accepting this entry and the granting of the right to participate, I the undersigned intending to be legally bound, hereby for myself, my heirs, personal representatives, successors & assigns, waive and release any and all claims for losses and damages I may have against event committee, volunteers, event sponsor, City of Long Branch, Ray Licata Memorial Swim, Jeff Jotz Aquatics, participating beach employees, or other persons, whomsoever for any and all injuries, illness, including death; that may result from my participation in said event. I represent and affirm that I am in good physical condition to participate in this event, and verified by a licensed physician and have sufficiently trained for competition of this event. Ray Licata Memorial Swim & Jeff Jotz Aquatics are not responsible for lost or stolen personal property.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian signature if under 18 \_\_\_\_\_ Date \_\_\_\_\_