



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING CONFIDENCE IN OPEN WATER

Alcatraz Open Water Swim Challenge EMBARCADERO YMCA

When: Sunday, September 11, 8am

Where: Aquatic Park, 499 Jefferson St.

Facility Member: \$150

Program Member: \$175

Non-Member: \$225

FOUR TRAINING SWIMS

Where: Eastern End of Aquatic Park, 499 Jefferson St.

When: Sundays, Aug. 14, 21, 28, and Sept. 4, from 1-3pm

Ever wondered why it was so difficult to escape from Alcatraz? Come join our Embarcadero YMCA hosted swim from Alcatraz Island to Aquatic Park and find out just how strong you are!

The swim is open to all proficient swimmers looking to challenge themselves under the careful watch of our certified lifeguards and coaches. Registered swimmers must complete two of four mandatory open water trainings to be eligible to participate.

FOR MORE INFO ON ELIGIBILITY AND TRAINING DATES:

Mohammad Asaad

Head Coach

(415) 615-1305

mohoasaad@yahoo.com

Evan DuCharme

Swim Coach

educharme@ymcasf.org

Jimmy Beckland

Aquatics Director

(415) 615-1326

jbeckland@ymcasf.org

TO REGISTER:

Embarcadero YMCA

Member Services

(415) 957-9622

Later in the year, look for future swim(s):

• November 6th

We kindly thank our sponsors!

CITY KAYAK and SF BOAT SUPPORT

