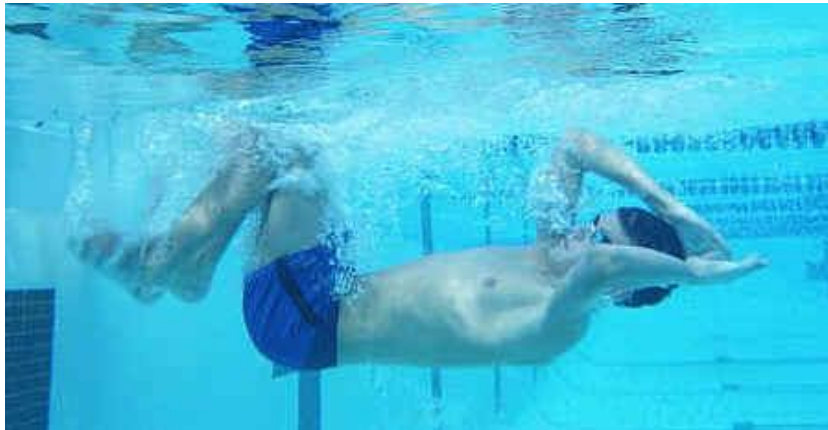


Professional H2O VIDEO DOWNUNDER on DVD!



When: Saturday, January 24th, 2009

Where: Pleasanton Pool

Time: 8:30 AM- 1:30 PM

Cost: \$50 must be paid at the time of sign-up!
(Cash or Check payable to TVM)

H2O VIDEO DOWNUNDER is an underwater video service for all level swimmers who would like to improve their swimming skills. H2O Video will set up track mounted underwater video equipment with two video cameras following the swimmer up and down the pool.

Results: Each swimmer will get a detailed underwater view of themselves swimming strokes, turns, streamlines, body position, kick efficiency, arm entry, exit etc..

Review the DVD on the spot and [GET INSTANT FEED BACK FROM THE COACH!](#)

Make corrections faster and easier!!

SIGN-UP FOR A SPECIFIC TIME SLOT TODAY!

Time slots are 15 minutes apart starting the 1st at 8:30 AM.

Reviewing the DVD of each swimmer is limited up to 15 min and will be done right after video has been recorded! [DVD is yours to keep!](#)