



Wednesday, October 17, 2001

OU hosting Michigan Senior Olympics swim clinic

Oakland University and the Michigan Senior Olympics (MSO) are offering a swim clinic at OU's **Recreation and Athletics Center** Friday, Oct. 19.

The day includes a number of educational sessions including nutritional planning, training for endurance and strength, how to plan for training and competing and swimming instruction.

"We are happy to host this event for the Michigan Senior Olympics and to be involved in their outreach to seniors," said Terri Eudy, assistant director for aquatics at Oakland University.

Registration begins at 9 a.m. Coffee and bagels will be served.

The cost is \$5 for MSO members and \$7 for non-members.

For more information or to register, call the Michigan Senior Olympics at (248) 608-0265.

SUMMARY

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