

# BRIDGMAN SEA BEES SWIM CLUB SPRING STROKE CLINIC

GREAT TECHNIQUE IS PARAMOUNT TO BEING AN EFFICIENT, SUCCESSFUL SWIMMER. AS SUCH, THE SEA BEES WILL BE HOLDING A *SPRING STROKE CLINIC*, FOCUSED ON BUILDING A SOLID FOUNDATION AND A BASELINE FOR WHAT IS EXPECTED MOVING FORWARD. **IF YOU WERE A MEMBER OF THE BRIDGMAN SEA BEES OR CO-OP BOYS OR GIRLS TEAMS THIS PAST SEASON, THERE IS NO COST FOR THE CLINIC BUT YOUR SWIMMER(S) MUST SIGN UP BY EMAILING [BGERMAN@BRIDGMANSCHOOLS.COM](mailto:BGERMAN@BRIDGMANSCHOOLS.COM)** . OTHERWISE, PLEASE SEE THE RATES BELOW.

THE SCHEDULE IS AS FOLLOWS, BUT PLEASE NOTE THAT ONCE YOUR 'SESSION' IS COMPLETED YOU ARE WELCOME TO CONTINUE SWIMMING DURING THE M/W/F 6:15-7:15PM PRACTICE.

## **High School Swimmers** - Week 1 - begins Monday April 16th

M/W/F - 5:15-7:15pm

Tu/Th - 5:15-6:30pm

Cost: \$30

## **Advanced\*** - Week 2 - begins Monday April 23rd

M/W/F - 5:15-6:15pm

Tu/Th - 5:15-6:30pm

Cost: \$25

\*M/W/F - training for HS & Advanced 6:15-7:15pm

## **Intermediate\*** - Week 3 - begins Monday April 30th

M/W/F - 5:15-6:15pm

Tu/Th - 5:15-6:30pm

Cost: \$20

## **Beginner\*** - Week 4 - begins Monday May 7th

M/W/F - 5:15-6:15pm

Cost: \$15

All checks should be made out to **Bridgman Schools**

