

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*. OTHERWISE PLEASE SEE THE RATES BELOW. *THE SUMMER SEASON WILL BEGIN ON TUESDAY MAY 28TH.*

High School & Advanced Swimmers - begins Monday April 22nd

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

Tu/Th - 5:15-7:15pm

Cost: \$30

Intermediate, Beginner & NEW Swimmers * - begins Monday April 29th

M/Tu/W/Th - 5:15-6:15pm

Cost: \$20

*Tu/Th - training for HS & Advanced 6:15-7:15pm

All Clinic participants are welcome to continue practicing

Tuesday & Thursday evenings from May 7 – May 23.

Beginners 5:15-6pm, Intermediates 6-7:15pm, HS & Advanced 5:15-7:15pm

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

