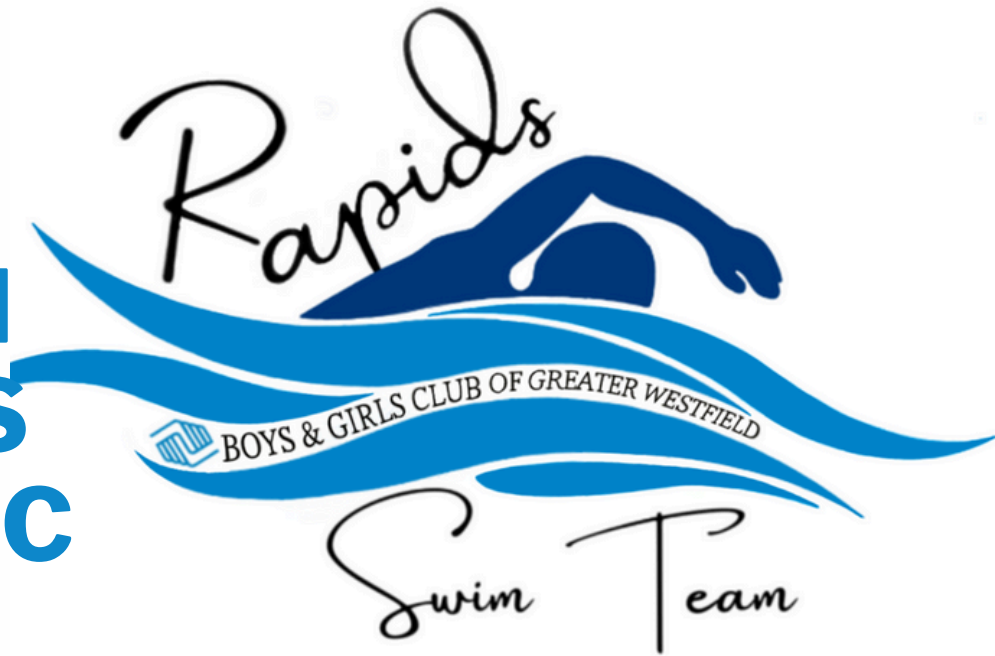


GET READY FOR SWIM TEAM WITH THE RAPIDS SWIM CLINIC



**COST:
\$120**

**MONDAY, SEPTEMBER 8-
WEDNESDAY, OCTOBER 1**

12 AND UNDER: MTW 5:30-6:30PM

13 AND OLDER: MTW 6:30-7:30PM

*** AGES 5-18***

****MUST BE ABLE TO SWIM ONE LAP OF
THE POOL UNASSISTED***

WE WILL BE GOING OVER:

- **Technique for all 4 strokes**
- **Starts**
- **Turns**
- **Give you a taste of what Rapids practices will be like**

**To sign up- stop by
the front desk!!**

**Questions? Email Coach Kayla
kgurney@bgcwestfield.org**