



NORTH BAY AQUATICS

Varsity Group

Purpose:

North Bay Aquatics Varsity group is perfect for seasonal swimmers, multi sport athletes, or athletes not ready to move into the North Bay Senior Group. The group trains 4 times per week for 75 minutes, focusing on proper swim mechanics, while also developing the necessary endurance to race during the high school swim season. This group is for athletes in 8th through 12th grade.

Schedule:

- Session 1: May 9th - June 9th
 - Monday-Thursday: 4:15-5:30pm @ College of Marin, Kentfield
- Session 2: June 20th - July 27th
 - Monday: 9:30-10:45am @ Redwood High School
 - Wednesday: 9:30-10:45am @ Redwood High School
 - Thursday: 3:00-4:15pm @ Redwood High School
 - Friday: 8:00-9:30am @ Redwood High School

Cost:

Session 1: \$275

Session 2: \$350

To register for the Varsity Group or if there are any questions, please email Coach Max, max@northbayaquatics.org