



NORTH BAY AQUATICS

Winter Varsity Group

Purpose:

North Bay Aquatics is excited to offer a training group for swimmers interested in preparing for their high school swim season. The group trains 5 times per week for 75-90 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. A maximum of 30 swimmers can join the group.

Schedule:

- ○ November 14th - December 13th;
 - Monday & Wednesday 5:45-7:00pm @ Redwood High School
 - Tuesday & Thursday 5:00-6:30pm @ San Rafael High School
 - Sunday 10:00-11:30am @ Redwood High School
 - No Practice 11/23-11/27
- Session 2: January 4th - February 5th;
 - Monday & Wednesday 5:45-7:00pm @ Redwood High School
 - Tuesday & Thursday 5:00-6:30pm @ San Rafael High School
 - Sunday 10:00-11:30am @ Redwood High School
 - No Practice January 16th

Cost: \$290/session + \$85 USA Swim Membership

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