



NORTH BAY AQUATICS

Spring & Summer Varsity Group

Purpose:

North Bay Aquatics Varsity group is back for the spring & summer! The Varsity group is for athletes interested in improving their swimming technique while also gaining more fitness. This is great for multi sport athletes, especially those looking to get ready for high school polo season this fall. It is open to all swimmers in 8th-12th grade. Athletes are encouraged to join in at swim meets. If you are interested in competing this summer, please let us know and we will get you the information.

Schedule:

- Session 1: May 8-June 9; \$290 registration fee
 - Monday-Friday 4:30-5:45pm @ College of Marin Kentfield
 - No Practice 5/26-29
- Session 2: June 12-July 27; \$380 registration fee
 - Monday & Wednesday 7:00-8:15am @ Redwood High School
 - Tuesday & Thursday 3:00-4:15pm @ College of Marin Kentfield
 - Saturday 8:30-9:45am @ College of Marin Kentfield

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

Swimmers need to register with USA Swimming for insurance purposes - the cost is \$85. We will send out a link to do that before the first day of practice