



Bowling Green Swim Club

Be a Gator and be part of our winning tradition in the GNOAC
GNOAC Champions: 1972-1979, 1982-1990, 1993-2008, and 2010-2019, 2021-25!

All skill levels are welcome

Swim Meets are local within Northwest Ohio

Benefits:

- **Being able to swim can save a life!
- **Swimming is a lifelong activity!
- **Swimming promotes physical development, coordination, fun, and being outdoors.
- **Swimming is excellent cross-training for multiple sports
- **Swimming develops aerobic endurance and is a beneficial form of cardiovascular exercise.
- **Swimming develops discipline, hard work, commitment, confidence.

Coaching from certified, experienced coaches

Novice swimmers: emphasis is on learning the competitive basics/stroke technique

Advanced swimmers: emphasis on aerobic conditioning and includes dryland for all ages, weights for high school age

Spring: Get a head start on summer swimming and start March 30th or April 27th (through July 12th)

Summer: Starts on Tuesday May 26th at the BG City Park Pool (through July 12th, with optional practices are offered beyond this date)

Fall/Winter swimming is available starting mid-September. Look for information late summer.

Since 1963, BGSC has been developing swimmers of all abilities.

Achievements this year:

Ohio Junior Olympic Qualifiers

Sectional Qualifiers

Futures Qualifiers

USA/NCSA Jr National Qualifiers

High School District/State Qualifiers

For More Information, contact Head Coach Carolyn Strunk, bgscgatorsheadcoach@gmail.com

Online Registration at <http://www.bgscgators.com>

Financial aid is available if your family qualifies for government assistance

Payment plans available