Bowling Green Swim Club

Why join the Bowling Green Swim Club??

**Being able to swim can save a life
**Swimming is a lifelong activity
**Improve cardio/athletic endurance
**Competition (optional) is both individual and team
**Crosstrain with/for other sports

BGSC is a competitive swimming program for swimmers as young as 6 through high school (even if your area high school does not have a pool!). No previous experience is required! Coaching/Instruction for all ability levels and age groups.

- Developmental Swimmers can improve techniques learned in swim lessons and maintain their swimming skills over the winter months!
- Advanced Swimmers continue to build their endurance, stroke refinement, and conditioning!

(start 9/21) Swimmers ages 9 through 6th grade can practice 2-5x/week, 5:30-7pm
(start 9/21) Swimmers ages 8 & younger can practice 2-4x/week, 6-7pm
(start 9/8) Swimmers in grades 7-12 practice 3-5x/week, 3:15-5:45pm (includes 30 min dryland)
**The three groups above also have an option to start on Oct 19
**The fall/winter season ends in February

**Do you have a child between the ages of 3 and 6? Consider our Sooner or Later Gator program that reinforces summer swim lessons and continues with swimming basics. This group swims 3x week for 30 minutes, at a time arranged with the coach.

All practices (developmental and competitive) are held at the BGSU Student Rec Center

REGISTRATION:
***Online at https://www.bgscgators.com
(or Google search: Bowling Green Swim Club)
***Parent Meeting dates:
(all mtgs have the same info provided, just attend one)
9/14 at AWHS 6pm (Commons)
9/15 at BGSU Rec Center 7pm (Youth & Family room)
9/16 at BGHS 7pm (Cafeteria)

NEW SWIMMER EVALUATIONS:
These will be done the first week of practices

Swimmers with a disability are encouraged to give swimming a try!

How do I get further information?

1. Go online to: http://www.bgscgators.com for further information about our program and online registration.
   "About BGSC" tab; scroll down to Club Fees for financial information
   "Practices" tab for each group's practice information
2. Contact Head Coach Carolyn Strunk 419.356.4776 or bgscgatorsheadcoach@gmail.com with specific questions regarding our program
3. **Financial assistance is available with documentation confirmation by schools. If you do not qualify, please ask about payment options!**