



Swim Clinic

Monday through Friday, 4pm to 6:00pm

8 Weeks - June 23, 2025 -August 15, 2025

**FREE to those signed up and attending summer day program.
Otherwise, \$10 per week**

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| 4:00pm - 5:00pm | Pool – lessons and training provided across all skill levels, but is geared towards those who are interested in joining the Swim Team |
| 5:00pm - 6:00pm | Dryland exercises |

Although Swim Clinic is free for members who already come to the day program, it is athletic and all signed up members need to be in appropriate attire and ready to participate.

Members should not be picked up between 4-5pm since all staff must focus on pool activities.

Members may be picked up between 5-6pm. After 6pm late fees may apply.

Failure to follow these procedures may result in the member losing their spot for future weeks. Please bring a bottle of water, bathing suit, towel, backpack, sneakers and appropriate workout clothing.

Contact Ian Witt at IWITT@BGCWORCESTER.ORG to sign up

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**BOYS & GIRLS CLUB
OF WORCESTER**

