



Boulder Aquatics

**Stay in shape and improve your technique
this fall/winter with Boulder Elks Swim Team coaches
Emily Sampl and Geoff Hawksworth**

PRACTICE SCHEDULE (2017-2018)

September 5th through October 7th

All practices at Boulder Elks Lodge and Pool
3975 28th Street, Boulder, CO 80304

Monday through Thursday: 5:00-6:00pm
Saturday: 9:00-10:00am

October 9th through May 12th

Weekday practices at North Boulder
Rec Center; Saturdays at East Boulder Rec

Monday through Thursday: 5:30-6:30pm
Saturday: 9:00-10:00am

COST

Drop in: \$15/practice
8 practices: \$95
Monthly: \$140

*Checks should be made to Boulder Aquatics

REGISTRATION

Email Emily at emilysampl26@gmail.com
to sign up and be added to the email list for
practice updates, schedule changes, etc.

Kids ages 6-18 are welcome! At minimum, swimmers must be proficient at freestyle and backstroke and have knowledge of correct breaststroke and butterfly technique. Swimmers should be capable of swimming multiple lengths of the pool without stopping. Contact Emily with any technique/ability related questions.