



## **Boulder Aquatics**

Stay in shape and improve your technique this off-season with Boulder Elks Swim Team head coach Emily Sampl and assistants!

**SEPTEMBER 4, 2018 – MAY 11, 2019**

### **Schedule**

**Monday through Thursdays**  
5:30-6:30pm at North Boulder  
Recreation Center

### **Saturdays**

9:00-10:00am at East Boulder  
Community Center

### **Cost**

Drop-ins: \$15/practice  
8 practice punch pass: \$100  
Monthly/unlimited: \$140

\*Cash or checks made to  
Boulder Aquatics\*

Contact Emily at [emilysampl26@gmail.com](mailto:emilysampl26@gmail.com) with technique/ability related questions and to register.