

Springfield Swim Team presents...

FUNKY FRIDAYS!

This has been a success in the past,
and we are continuing it again this season!

"Funky Fridays" allow everyone the opportunity to get
a little extra practice in, and still have time for some fun! 😊

(It is also a "Bonus Day" for the Developmental Team
and allows their 3 days to be solely devoted to practicing!)

Instead of having Free Choice during practice
after every one of our wins like we had done in the past,
we will instead have one every Friday.

We will also be offering you the chance to come in on these
Fridays to practice whatever it is you need help with- your starts,
flipturns, a certain stroke, even just swimming laps- it's up to you!

This "clinic" will last for 1 hour every Friday.

The coaches will be there to circulate amongst the team, but it's
completely up to you how you choose to participate each week.

The schedule will be as follows:

Friday: June 30th, July 7th, July 14th, July 21st

(Regular AND Developmental Teams!)

9:15 - 10:15 "Clinic" (This is your chance to improve on things that are important to YOU!)

10:15 - 11:15 "Free Choice!" (Diving Board, Slide, and Free Swim in the 5 Feet w/ toys)

Hope to see you there! 😊