

East Bay Bat Rays Swimming November Age Group Swim Clinic

About The Program

The East Bay Bat Rays Swim Team (EBAT) is a non-profit organization that teaches year-round competitive swimming. This clinic is an excellent opportunity for swimmers to learn more about competitive swimming and prepare them for more training or an upcoming season. Swimmers in this program will be exposed to many swimming drills to enhance stroke technique in all four of the competitive strokes. Other aspects such as sportsmanship, goal setting, nutrition, racing strategies, etc. will be discussed and focused on throughout this 1 month clinic. Swimmers must be at least 9 years old to participate.

COVID Safety

The EBAT Swim Clinic is a COVID-Safe environment and we operate according to CSUEB, county, cdc, and USA Swimming guidelines. Swimmers must abide by all COVID safety protocols while at practice.

Location

California State University, East Bay (Hayward)
2500 Carlos Bee Blvd.
Hayward, Ca. 94542

For More Information, Contact:

Mark Sand
marksand88@gmail.com
Or visit our website
www.batrays.org

Scheduling

- ~ 10 45-minute sessions
- ~ Most Practices on Tues, Thurs, Fri, (one Wed)
- ~ Dates: November 2,4,5,9,11,12,16,17,18,30
- ~ NO PRACTICE THANKSGIVING WEEK
- ~ Times: (7-7:45pm 9-12yrs); (7:45-8:30pm 13-18yrs)

Limited Space Available

Group A
9-12yrs
7:00-7:45pm
18 Swimmers Max

Group B
13-18yrs
7:45-8:30pm
18 Swimmers Max

COST
\$200

Online Registration

Online registration will be available Saturday, October 30 through Monday, November 1 or until we reach our maximum number.

www.batrays.org