

East Bay Bat Rays Swimming September 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.

Location

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

For More Information, Contact:

Mark Sand

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Or visit our website

<https://www.teamunify.com/Home.jsp?team=ebat>

Scheduling

- ~ 11 X 45-minute sessions
- ~ Classes are on: Tuesday, Wednesday, Thursday
(*except for the 1st week, no practice on Wednesday Sep. 7*)
- ~ Dates: September 6,8,13,14,15,20,21,22,27,28,29
- ~ Time: 7-7:45pm

COST
\$200

Online Registration

Online registration will be available Labor Day Weekend, Saturday September 3 through Monday September 5th.

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