



ABSC's Summer League Tune-up: Session 1!

Summer will be here faster than you think! Whether your swimmer is just looking to learn the strokes, or they're getting a jumpstart on the summer league season, we've got a spot for you! Join the next installment of ABSC's Stroke Clinic Series to practice technique for the four competitive strokes with the Athens Bulldog coaching staff. Stay in shape, improve technique, and have a great time doing it!

You can register today! Sign up here: [Tune-up 1 Sign-up form](#).

Where: The Athens YWCO: 562 Research Dr, Athens, GA 30605

When: Tuesday, Jan. 29th – Friday, March. 8th. (6 weeks).

Day Offerings: Tuesday, Thursday and Friday, 4:00 – 5:00pm. You choose:

- All three days – Cost = \$175
- Tuesday/Thursday – Cost = \$150
- Tuesday/Friday – Cost = \$150
- Thursday/Friday – Cost = \$150

Who: Swimmers aged 5 - 16 who want to have fun and improve their swim technique with certified USA swimming coaches. Ranges from novice swimmers, to swimmers that have competed for years.

Email Mike Radford with questions at mike@athensbulldogs.com

***Swimmers must be able to complete one 25-yard lap of freestyle unassisted.*

Click the following link to learn more about [ABSC's Stroke Clinic Series](#).