

Swim. Laugh. Grow. Succeed....

for life.

Barracuda Aquatics Club
(member of Blackline Aquatics)

Age Group “FLEX” Practices

In the 2011 Spring/Summer Season, Barracuda Aquatics Club will start a new format for our Age Group Team level practices.

The Age Group Team will continue to meet on Monday, Tuesday, Thursday and Friday every week with the Junior Team.

In addition to those four days we will also be offering a Wednesday “FLEX” practice. The “FLEX” practice can be attended, if and only if, a swimmer misses one of the other practices during the week.

The “FLEX” practices will only be offered on weeks we have the other four practices during the week. If we cannot offer a practice on one or more of the other days during the week then there will be a normally scheduled Age Group practice on Wednesday with no limitations.

Thanks and see you on the deck,
Head Coach/President
Jeff Lee

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