



# 2023 SUMMER PROGRAMS

## Competitive August Tune Up

A chance to get back in the pool before the regular season starts in September. Ideal for swimmers moving to Intro Comp group, swimmers in Regional group and swimmers moving into Provincial group in the fall

**Monday - Thursday 3:45—5:30**

**\$55/ week**

**August 14—17**

**August 21—24**

**August 28—31**