



## **BBD NATIONAL TEAM**

### **NATIONAL TEAM INSTRUCTIONAL CLINICS-RETURN THIS SEASON!**

The BBD National Team is offering their popular Instructional Clinics again this season. The first clinic will be offered Sunday, December 4th. The second clinic will be held Sunday, February 5<sup>th</sup>.

These popular clinics are taught by our very own BBD National Team members with a very low swimmer /instructor ratio. The instructors will be in the water with your swimmer and a BBD coach on the pool deck! It is a great one on one opportunity for your child to improve their technique while interacting with a national BBD swimmer. These clinics are a fundraiser for the national team to help defray costs associated with their trip to the YMCA National meet in April to Greensboro, NC. Please sign up now!

#### **SUNDAY, DECEMBER 4TH**

9-12 year olds      noon-1pm @ the Birmingham YMCA

8 and unders      1pm-2pm @ the Birmingham YMCA

Cost: \$20 (paid at the pool, day of clinic)

To register, email Karen Hunstad at [karen.swimmom@gmail.com](mailto:karen.swimmom@gmail.com)

Registration is not necessary but helpful to get a post instruction bagel count.