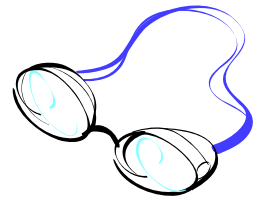




WAYSIDE WAVES

SWIM TEAM

Join our Team



Wayside Waves Swim Team is a Recreational Team for Swimmers ages 5 – 18. Practices are held at Wayside Racquet and Swim Club.

The team is for all swimmers who are looking to have fun, improve their strokes while getting the benefit of some healthy exercise.

The Team practices 3 afternoons a week.

We understand that many of you are very busy and we would like you to try to attend at least 2 practices each week.



There are two options for Practice

Option 1 Monday, Wednesday and Friday

- 2:45-3:45 for high school age swimmers
- 3:45-4:45 for swimmers 11 and older (9 & 10 with permission)
- 4:45-5:30 for swimmers 5 – 10 years old

Option 2 Tue and Thur plus one other day

- 5:15-6:00 on Tue and Thur for swimmers 12 and younger
- One other day (Mon, Wed or Fri at the appropriate practice time.)

Swim Meets and Practices are held from 10/14/09 – 3/6/10

For more information, or to register, contact:

Coach Arnie Cohen

(508) 481-1797 or arniewayside@yahoo.com

Wayside Racquet and Swim Club

80 Broadmeadow St

Marlborough, MA 01752