



AUGUST 'STAY IN SHAPE' PRACTICES

READ THE INFORMATION BELOW TO FIND OUT ABOUT BAC'S AUGUST OFFERINGS!

AUGUST STAY IN SHAPE PRACTICES (MADISON)

August is a GREAT time to rest and relax, and to recharge for the upcoming SCY season. Many of our swimmers – and all of our younger swimmers – will take August completely off before we start back up in September. But for some of our swimmers, a 4-5 week break is simply too long! So whether you're looking for a 'bridge' from summer to your HS season, a way to get exercise while seeing swim friends, or if parents are just looking to get the kids out of the house, we have an option for you!

AUGUST STAY IN SHAPE PRACTICES

MONDAY – THURSDAY, AUGUST 4TH – AUGUST 28TH

@ SHOREWOOD

6:30 – 8:00am for Gold, Senior, Senior Premier, College

7:00 – 8:30am for Junior, Junior Premier

Practices are open to any swimmer who was active with BAC this past summer in any of the listed groups, or is signed up for any of those groups for the upcoming fall session...

JUNIOR, JUNIOR PREMIER, GOLD, SENIOR, SENIOR PREMIER, COLLEGE

Swimmers have the option of paying 'a la carte' for the individual weeks that they'd like to attend, or pay for the entire 4 weeks at a reduced weekly rate.

THE COST PER 1 WEEK IS \$20

THE COST FOR ALL 4 WEEKS IS \$70

In order to provide all of these flexible offerings, we're doing registration through the 'classes' feature in Team Unify. This is something new for us, so bear with us if there are a few bugs to work out :^)

You can link to class registration from the front page of the web – about halfway down you'll see a light blue square labeled 'August Stay In Shape Programming'. Once clicked, the process is a lot like any e-commerce transaction – you can add one or several options to your cart and then proceed to check out. (There's only one 'slot' per week, listed with a 6:30am start time. ALL swimmers can select that slot regardless of group.)

YOU'LL NEED TO PAY UPON REGISTRATION VIA CREDIT CARD. You have the option to settle any overdue payments as well, but you do NOT have to do that to register.

Let us know ASAP if you encounter any issues with registration, or if you have any general questions.

GO BAC!