

Are you a competitive swimmer interested in staying in shape



over the summer?

The Bay Ridge Aquatics Institute, Inc. (BRAINS) will again be offering a High School level training program in the summer of 2022. The practice sessions will take place on **Mondays, Tuesdays, and Thursdays** (*No Classes Wednesdays or Fridays*) from 7AM to 8:50AM beginning July 5th and ending August 11th (**17 sessions total**). A typical practice session would include a swimming workout of approximately 5,000 yards. If you are interested in joining this program you must obtain BRAINS approval in order to register. Though intended for high school students, *those entering high school in September, 2022* may also be eligible to participate (if approved).

Cost: \$425 – No further discounts are available.

Enrollment will be limited to 25 swimmers in order to comply with the Department of Education's regulations on pool usage.

Proof of Covid vaccination, parent's signature, and payment in full are required to guarantee registration. (Please make check payable to BRAINS.)

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No refunds after June 1st, 2022. All refunds are subject to a \$25 processing fee; returned checks will be assessed a \$35 fee.

Please note: The FHHS pool is a competition pool, not a bathing pool – water temperature is cool. **BRAINS does not offer refunds for variations in temperature or condition of the water or facility.** Maintenance of the FHHS pool facility is managed by the school custodian and is not, in any way, under the control of the Bay Ridge Aquatics Institute, Inc.

This activity is not sponsored nor endorsed by the New York City Department of Education. The views and opinions expressed by the sponsoring organization or its participants do not necessarily state or reflect those of the New York City Department of Education.
