

The Bay Ridge Aquatics Institute (BRAINS), Inc.

“Mini” Stroke Clinic 2025 *Cost: \$435*

- for intermediate and advanced swimmers already involved in competitive swimming of ages 7 to 14.

Improve your stroke technique by practicing once a week beginning in April. The aim of this course is to develop efficiency and endurance for all competitive strokes. Clinic covers essential racing skills such as flip-turns, starts, pullouts, and more.

Pre-requisite:

This offering is for swimmers that are involved in competitive swimming. Swimmers must be able to swim 50 yards freestyle without stopping and be able to perform all four competitive strokes demonstrating proper technique.

Thursdays (except 6/4) from 7 to 8:15 PM

April: 3, 10, 24

May: 1, 8, 15, 22, 29

June: *4 (*Wednesday), June 12

Please note:

The FHHS pool is a competition pool, not a bathing pool – water temperature is cool. *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.*

BRAINS does not offer refunds for variations in temperature or condition of the water or facility.

Children may not be left without parental or adult supervision. Parents must remain on the premises and may watch from the balcony. At no time may parents come onto the deck.

Full payment and parent’s signature is required to guarantee registration. Check payable to BRAINS

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Cancellations: No refunds. Since our instructors, security and permit fees must be paid whether classes are attended or not, **BRAINS will not offer make-up classes, credits or refunds for any classes you may miss for personal reasons.** In the event that we must cancel a class we will, at our option, either schedule a make-up or offer a refund or credit for the number of classes canceled. If major illness or serious complications make it impossible for your child to attend classes we will make every effort to fill the remaining classes with another child *if you provide us with a written release to sell your child’s slot.* Should such circumstances arise *and we can fill the slot, while we are not obligated to do so,* we will consider your request for a refund for the remaining classes filled by another child . If you are seeking such consideration you must submit this request **in writing** along with doctor’s notes and/or any other proof needed. **All refunds are subject to a \$25 processing fee. All returned checks are subject to a \$40fee.**

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