

BRIDGE

From Short Course to Long Course

Continue Training
Stay in Shape
Improve Strength
Focus on Technique

Start Date:	Tuesday, March 15th
Time:	5:00 – 7:00 PM
Location:	North High
Days:	Monday through Friday
How Long:	3 Weeks
Activities:	Dryland, Wetland, Weights, Swim
Cost:	\$150

Count me in! I want to BRIDGE to the Long Course season!

Name _____

- Check # _____
- VISA
- MasterCard
- American Express
- Discover

Card # _____
Expiration Date _____
Name on Card _____
Authorizing Signature _____