



with Coach Chris Kjeldsen

Swim Practicing Excellence Every Day or S.P.E.E.D. is training in technique, strength, and conditioning of both the mind and the body.

Drawing on 25 years of coaching and two decades of swimming and water polo experience, coach Chris uses an underwater speaker system to correct and guide swimmers while they are swimming. Through this direct connection, Coach Chris teaches swimmers to build muscle memory for proper stroke technique much faster than can be achieved by cranking out laps elsewhere. Though the technique work is serious, we also have fun with noodle and other “creative” races. Sessions are run in a year-round, team-training environment, but with a very flexible schedule.

	Sept.	Oct.- March	April	Tuition
2-5x/ week	M,T,TH,F 6:30- 7:30am 3:30- 4:00pm 4:00- 4:45pm 4:45- 5:45pm 5:45- 7:15pm	M,T,TH,F 6:30- 7:30am 4:00- 4:45pm 4:45- 5:45pm 5:45- 7:15pm	M,T,TH,F 6:30- 7:30am 3:30- 4:00pm 4:00- 4:45pm 4:45- 5:45pm 5:45- 7:15pm	Member - \$85 Resident - \$90 Non Res. - \$100 Non Res. Mem.-\$85
1x/ week	M,T,TH,F or 4:00- 4:45pm 4:45- 5:45pm 5:45- 7:15pm Saturday AM 9 - 10:00am 10 - 11:00am 11 - 11:30am	M,T,TH,F or 4:00- 4:45pm 4:45- 5:45pm 5:45- 7:15pm Saturday AM 9 - 10:00am 10 - 11:00am	M,T,TH,F or 4:00- 4:45pm 4:45- 5:45pm 5:45- 7:15pm Saturday AM 9 - 10:00am 10 - 11:00am 11 - 11:30am	Member- \$50 Resident - \$55 Non Res. - \$65 Non Res. Mem.-\$50

(Special June/July Session, Mon./Wed. adult and Tues./Thurs. advanced swimmer mornings, 6:30-7:30 AM, 11yrs and over)

September – April @ Sendero Springs Pool
(heated to 83 degrees)

Monday, Tuesday, Thursday, Friday, and Saturday
You pick the number of days you want to swim per week. Coach Chris evaluates each swimmer and assigns the appropriate practice time.

Register online at www.bcmud.org or call 255-7871
Questions ckjeldsen@austin.rr.com or cell 694-2180

