



# CENTRAL ARKANSAS SWIM CLUB

## REV-UP PROGRAM

<b><u>Rev-Up 1</u></b>	<b><u>Rev-Up 2</u></b>	<b><u>Rev-Up 3</u></b>
March 1 <sup>st</sup> – 25 <sup>th</sup> M,T,W,TR	April 5 <sup>th</sup> – 29 <sup>th</sup> M,T,W,TR	May 3 <sup>rd</sup> -27 <sup>th</sup> M,T,W,TR
7:00PM – 8:00PM Or 3:30PM-4:30PM	7:00PM – 8:00PM Or 3:30PM-4:30PM	7:00PM – 8:00PM Or 3:30-4:30
NLR Boys and Girls Club	NLR Boys and Girls Club	NLR Boys and Girls Club

CASC Racers Rev-Up Program is a great way to get ready for summer league. Swimmers will learn proven technique drills to improve their quality of strokes, turns and starts.

**Coached by Patrick Bass and Onat Tungac**

**Cost: \$55 per program**

Sign up for 2 Rev-Up programs get **\$5 off!**

Sign up for 3 Rev-Up programs, get **\$10 off!**

Additional siblings get **\$10 off!**

Every participant will receive a RACERS Rev-Up swim cap.

Want to sign up for CASC Racers year-around program and receive additional **%50 off on your first monthly dues?**

Talk to Coach Patrick (501-681-8554) or Coach Onat (501-766-6095).

For more information visit [www.cascracers.com](http://www.cascracers.com)