

Ben Sheppard, co-founder and program director at Oakland Community Pools Project and head coach of the Oakland Undercurrents swim team is in the Bahamas for this week. He will be working with Coaches Iva and Coleby on Friday October 19th during the swimming time. Parents should note that we will be finishing swimming for Flying Fish at 6:00 p.m. and will begin an informative session with Ben at 6:15 p.m. lasting until 7:00 p.m. All parents and swimmers are welcome.

Also note that Saturday swimming for Grunts 2 will now be held from 8:00 a.m. till 9:30 a.m. starting from this Saturday October 20th.