

An illustration of a swimmer in a pool. The swimmer is wearing a red swim cap and purple goggles, and is in a freestyle stroke. The water is depicted with blue waves. There are several blue water droplets floating around the swimmer. The background is a solid pink color.

JULY 7TH-JULY 31ST
MONDAYS-THURSDAYS

SUMMER SWIM TRAINING

PRACTICE TIMES:
12 & UNDERS 5-6PM
13 & OVERS 6-7:30 PM

THE FOCUS OF THIS PROGRAM IS TO IMPROVE EACH SWIMMER'S ENDURANCE FOR THE UPCOMING SWIM SEASON. SWIMMERS WILL PARTICIPATE IN PRACTICES THAT CHALLENGE THEM WHILE REFINING STROKE TECHNIQUE. DRYLAND EXERCISES WILL ALSO BE INCLUDED AS PART OF OUR WEEKLY PROGRAMMING. SWIMMERS SHOULD COME PREPARED WITH THEIR CAPS AND GOGGLES EVERY NIGHT, AS WELL AS THEIR OWN KICKBOARDS IF THEY HAVE THEM. SWIMMERS WILL BE TOLD WHEN THEY SHOULD WEAR SNEAKERS AND GYM CLOTHING TO THE POOL FOR DRYLAND EXERCISES.

RESIDENTS: \$240
NON RESIDENTS: \$265