

SWIM TEAM PREP



CLASS TIMES

TUESDAYS/ THURSDAYS: 6-7 pm
SUNDAYS: 2-3 pm

SESSION DATES

SESSION 1: January 12-February 7 (801a)
SESSION 2: February 9-March 7 (802a)
SESSION 3: March 30-April 25 (803a)



FEES

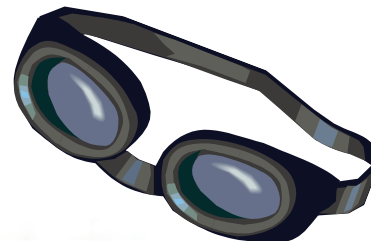
\$35 per student
(\$10 non-member fee)

- A program for ages 6-18 designed to get swimmers in shape for upcoming swim seasons by giving them increased endurance and stroke instruction. Our experienced swim team coaches have designed effective training techniques to help swimmers grow and achieve their personal goals for the swim seasons to come.
- Each four-week session will focus on stroke fundamentals, efficient turns, and effective swimming and conditioning techniques for the competitive swimmer.

***Each swimmer must be able to swim at least 25 yards (one length of the pool) in freestyle and backstroke.**

***To register call or come by Chesterfield Family Center and speak to one of our helpful staff members.**

***All Practices will take place at Chesterfield Family center in the pool area.**



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