



We build strong kids, strong families, strong communities.

Competitive Swim Lessons

April 7th – May 5th
May 5th – May 30th

Conditioning Class (1 hour)

This class will focus on conditioning for the upcoming competitive swim season. Lap swimming, block diving and endurance training will be the focus. This class is open to anyone 9 years and older who has experience in competitive swimming.

Tuesday / Thursday 5:30 - 6:30 p.m.

\$25.00 Member/\$45.00 Non-Member per month

Stroke Technique Class (1/2 hour)

This class is ideal for those swimmers who are interested in learning or perfecting the strokes of competitive swimming. Focus will be on stroke technique, breathing techniques, turns, starts and finishes, and block diving. This class is open to ages 4 and up.

Students must be able to swim 25 yards (1 lap) unassisted.

Classes will be added as needed per enrollment in the class.

Tuesday / Thursday 6:30 - 7:00 p.m.

\$25.00 Member/\$45.00 Non-Member per month



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