

**NEW
PROGRAM**

Tween Conditioning

Swim Team Skills

Non Competitive Atmosphere

Starts September 7th 2021

Who: Ages 7-16

When: Tuesday's and Thursday's

Time: Ages 7-11 at 4:15pm-4:45pm

Ages 12-16 at 5:00pm-5:45pm

**Turns
Dives
Breathing**

**Stroke
Refinement**



Cost: Punch Card for 8 Sessions

Members: \$34.40 Non-Members \$ 43.00

(All Cards Expire the end of the year)

(Must be able to Swim Free Style)

**Stamina
Swim Team
Skills**