

coach & train swimming

at the
Sabes JCC

The Sabes JCC Coach & Train Swimming Program caters to participants from a broad spectrum of abilities and interests. Whether you are a recreational swimmer, an experienced competitive veteran, or a triathlete, you will find that our Coach & Train practices have something for everyone; swimming instruction in all 4 strokes, open water swimming techniques, water polo skills, interval work, and pacing insight. Practices are 1 hour in length. JCC Members and non-members can purchase practices one at a time, a 10 practice punch card, or monthly. Individuals looking for more personalized instruction should look into our private and semi private stroke clinics.

Coach & Train Swim Practice Fees		
	JCC Member	Non Member
Drop In	\$6.00/Session	\$8.00/Session
Punch Card	(\$50) \$5.00/Session	(\$70) \$6.00/Session
Stroke Clinic Fees		
	Solo	Group (2+)
30 Min	\$50/m \$65nm	\$33.50/m \$43.50/nm
60 Min	\$70/m \$91nm	\$47.50/m \$61.75/nm



sabes jcc
minneapolis