

aquatics

at the
Sabes JCC



AQUATICS

coach & train

DATE: TUESDAYS and THURSDAYS

TIME: 6:00 - 7:00 PM

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 four strokes, open water swimming techniques, water polo skills, interval work and pacing insight. Practices are one hour in length. JCC members and non-members can choose to purchase a punch card or a monthly pass. Pass renews each month unless cancelled by the 15th of the previous month. Individuals looking for more personalized instruction should look into our private and semi-private stroke clinics.

PUNCH CARD PRICING *(Punch Cards are good for ten [10] sessions)*

\$50; Member

\$75; Non-Member

OR

MONTHLY PASS PRICING

\$35; Member

\$45; Non-Member

sabesjcc.org



sabes jcc
minneapolis

Questions? Mikaela Bagley at mbagley@sabesjcc.org.