

aquatics

at the
Sabes JCC

COST:

1x per week
\$264; \$231 Member Value Price

2x per week
\$396; \$330 Member Value Price

3x per week
\$462; \$363 Member Value Price

4x per week
\$484; \$396 Member Value Price

sabesjcc.org



sabes jcc
minneapolis



New Swim Team Prep Program

SESSION 1: DECEMBER 3 - FEBRUARY 28
MONDAY THROUGH THURSDAY

TIME: 5:15 - 6:15 PM

COST: SEE SIDEBAR (*Per Session*)

Does your child want to be on a swim team but is not quite ready? Let us help them get there with our Swim Team Prep Program!

This class is focused on getting kids prepared for the swim team world using endurance building exercises and intensive technique work. Under the guidance of a professional coach, students learn and develop the four competitive strokes. All skills necessary to swim fast at a competitive level will be emphasized. As the session progresses, swimmers will be evaluated as to their potential to swim with the swim team.

The schedule for this program will include 1 to 4 classes per week for a session. Practices will be on 5:15-6:15 in our lap pool. The program will finish with a mini swim meet on Sunday, March 3rd so that program participants can be introduced to swimming specific events against one another and the clock. While not intended to be a highly competitive evening, swimmers will have an opportunity to experience the challenges of a swim meet from the comfort of their own pool.

All who are interested must attend a swim evaluation before signing up.
Contact Mikaela Bagley at mbagley@sabesjcc.org to schedule an evaluation.