

aquatics

at the
Sabes JCC

COST:

1x per week
\$116; \$100 Member Value Price

2x per week
\$168; \$136 Member Value Price

3x per week
\$204; \$156 Member Value Price

4x per week
\$224; \$176 Member Value Price

sabesjcc.org



New!

Swim Team Program

WHEN: MONDAY - THURSDAYS

TIME: 4:00 - 5:00 PM

STARTS: December 3, 2018

(No team 12/24- 1/1 and 4/22-4/28)

Our Swim Club runs December-July every year. We offer programs for swimmers of all levels grades K-8. Our highly trained coaches prepare multifaceted season training plans to cultivate each swimmer to reach his or her full athletic potential. It offers children fun and motivating aerobic workouts focusing on stroke technique, endurance, strength, and general fitness. The Swim Club is open to children who can swim each of the following strokes; 25 yards of freestyle with side breathing, 25 yards of backstroke, 25 yards of breaststroke kick and 25 yards of dolphin kick.

Refinement of strokes through drills to understand a balanced workout/practice. All swimmers will review the basic components of competitive swimming strokes, starts, turns and training tactics.

Practices & Details: The schedule for this program will include up to 4 practices per week. Practices will be on M-Th evenings from 4:00pm until 5:15pm in our lap pool. Participants can sign up for 1, 2, 3 or 4 practices a week, cost varies. Swimmers will have an opportunity to experience the challenges of a swim meet from the comfort of their own pool.

Questions? [Contact Mikaela Bagley at mbagley@sabesjcc.org](mailto:mbagley@sabesjcc.org).



sabes jcc
minneapolis