

aquatics

at the  
Sabes JCC



# Swim Team Prep Program

**SESSION 1: JUNE 16 - AUGUST 4**  
**TUESDAYS & THURSDAYS**

**TIME:** 5:00 - 6:00 PM

**COST:** 1x per week

\$273; \$210 Member Value Price

2x per week

\$320; \$416 Member Value Price

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 2 classes per week for a session. Practices will be on 5:00-6:00 in our lap pool.

All who are interested must attend a swim evaluation before signing up.  
**Contact Mikaela Bagley at [mbagley@sabesjcc.org](mailto:mbagley@sabesjcc.org) to schedule an evaluation.**

[sabesjcc.org](http://sabesjcc.org)



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