

aquatics

at the  
Sabes JCC



## Swim Team Program

**WHEN:** MONDAY - THURSDAYS

**TIME:** 4:00 - 5:00 PM

**MONTHLY:** November - August

**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

Our Swim Club 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.

**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 5:00pm in our lap pool. Participants can sign up for 1, 2, 3 or 4 practices a week, cost varies.

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

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