

Swim Team Preparation Class (ages 8-15)

This class is designed for young swimmers (American Red Cross Levels 3-6) who want to develop skills and build confidence before joining a competitive swim team.

Swimmers will learn the structure and expectations of swim team practice while improving technique and endurance in a fun, supportive environment.

Thursdays
5:30 - 6:25 pm

\$150 per session
Members only

Spring:
April 14 - May 17

Registration:
March 16



*Join us and take
your swimming to
the next level!*

FOR MORE INFO OR TO REGISTER

mandeljcc.org/Aquatics-Center

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**SIGN UP
HERE**

