

Aquatics

Jr Swim Club Fall 2024

| | Fall Session 1 | Fall Session 2 |
|------------------------|---|---|
| Days | Tues/Thurs/Fri | Tues/Thurs/Fri |
| Dates | 9/17-11/1 7 weeks | 11/5-12/20 6 weeks |
| Member/Non-member fees | 1 Day - \$350/\$420 2 Days - \$560/\$700 3 Days - \$735/\$945 | 1 Day - \$300/\$360 2 Days - \$480/\$600 3 Days - \$630/\$810 |
| Times | In-Water 6:00-7:00p Dryland 5:00-5:30p ***Only Thursdays*** | In-Water 6:00-7:00p Dryland 5:00-5:30p ***Only Thursdays*** |

- Register with Aquatics Director.
- Dryland Training is supervised by a Certified Personal Trainer.
- Dryland training requires sneakers. Swim attire should be brought as a change for in-water training.
- In-water training requires goggles.
- ALL participants should bring a refillable water bottle to each session.
- 8 participants maximum per lane.