

SPY Aquatics

JR. Swim Team Training

Saturdays from 5-6pm



This program will focus on increasing endurance and improving stroke technique, including starts, turns, and finishes. The instructors will include SPY and IMST coaches.

This class is open to youth who are able to swim 4 to 6 lengths of the pool without stopping. They must also have knowledge of all four competitive strokes.

Session 3
January 30
February 6, 13, 20, 27
Cost: \$63 Course Code: 10900-2

Session 4
March 6, 13, 20, 27
April 3
Cost: \$63 Course Code: 20900-1



Session 5
April 10, 17
May 1, 8, 15
Cost: \$63 Course Code: 20900-2