

Swim Conditioning Clinic

Winter 2019

Designed for swimmers who want to increase their endurance, strength, and swimming skills.

The Winter Swim Conditioning Clinic will focus on helping each participant to become a more proficient swimmer at their level. We will spend time working on all 4 of the competitive strokes and will place a big emphasis on conditioning while making goals for both individual and group progress.

Please Note: When registering, you must commit to the whole session at the beginning to get the discounted rate. No refunds will be issued. Participants must be able to swim across the pool safely in both freestyle and backstroke.

Session Dates:

Tuesday & Thursday's January 8th – March 7th (9 weeks)

Session Times:

4:30pm-5:30pm

Whole Session Cost:

\$180 per participant

Drop-in Cost:

\$15.00 per practice

Register at the Fitness Center front desk (301-320-0397)

Please direct any questions to Philip Rector at:

aquaticsdir@kenwoodcc.net