

# **Anchor Bay Middle School Swim CONDITIONING:**

## **What is middle school swim conditioning?**

**An after school program for 6 -8<sup>th</sup> graders to define swimming skills**

## **Who is eligible to condition middle school x-c?**

Any girls or boy in the 6<sup>th</sup>, 7<sup>th</sup>, or 8<sup>th</sup> grade capable of swimming

A continuous 25 yards~ (one pool length)

## **How long is the conditioning program?**

**March 30 – April 17**

**\*\*\* Competitive Swim CLUB begins April 20<sup>th</sup>; Coach to be announced April 13**

## **What do I need to participate?**

**REQUIRED PAPER WORK:** current physical, emergency card, insurance waiver

## **When is conditioning?**

**Mon. – Thurs: 3:00 – 4:15**

## **What is the Fee?**

**There is not cost to the parent or students during swim conditioning**

## **Where do we meet for practice?**

At aquatic center; shuttle or walk

## **What do I wear to ?**

No cut offs; Swim Suits: Guys~ Jammers, or swim trucks, Girls: One-piece

Swim Caps, Goggles

## **What does a practice consist of?**

Swimming Mechanics and Swim Stroke Proficiency

Freestyle, Backstroke, Breaststroke, Butterfly

## **How do we get to the Aquatic Center?**

Middle School North: Walk

Middle School South: A Shuttle from M.S South drop off at Aquatic Center

## **How do we get home following conditioning?**

Parent Pick-up at The Aquatic Center at 4:30 p.m.

## **What if my parents, or I have questions or concerns?**

Call me at 586-716-4623 or e-mail: [cmellon@abs.misd.net](mailto:cmellon@abs.misd.net)

