



Adult Swim Conditioning~~ Triathlon Training ~ **Tuesday and Thursday Evening**

Ages: 17 years and Older

This program is designed to increase yardage and endurance, as well as improve stroke efficiency.

This program implements, with instruction, all stroke mechanics, but the primary workout stroke is in Freestyle~

Dates	Time	Registration
January 5 - June 16 Includes all Lap Swim Times January – June with ASC Registration	7:00 – 8:00 pm	Open Registration

Time can change based on School Use and Schedule Needs

No Conditioning Nights of Home Swim Meets: Jan. 12, 26; Feb. 9th

No Conditioning : Easter Week April 5 – April 9th

This program does not accept punch cards~

Annual Members pay additional \$20 registration fee; by Jan.5th pay \$10

January – June Fee: \$145 (register by Jan. 5th Only \$130)

Feb. – June: \$120

Mar. – June: \$100

April – June: \$ 80

May – June : \$ 60

June: \$40