



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

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
February 2 - June 16	7:00 – 8:00 pm	Open Registration
Includes all Lap Swim Times February – June with ASC 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 are welcome to participate at an additional \$25

Feb. – June: \$120

Mar. – June: \$100

April – June: \$ 80

May – June : \$ 60

June: \$40