

CLUB SWIM

Club Swim is a 4-week series to enhance the skillset of aspiring competitive swimmers. Have fun while learning how to swim all four competitive strokes!

PROGRAM PREREQUISITES

- Ages 7-14
- Able to swim 25 yards—front crawl
- Able to swim 25 yards—back crawl

In this class we will learn; freestyle, backstroke, breaststroke, and butterfly. Improve your swim skills by learning; turns, dives, and swim drills to make lap swimming easier and more interesting. Play games that help increase swimming speed.



CLASS DATES

NOVEMBER 2022

Class Days and Times to be determined.

REGISTRATION

Register at the front desk.

E-mail questions to
aquatics@mtparkhoa.com

Or call 503-635-3561