



Pre-Fall Fitness & Skill Booster

The purpose of this 2-week mini session is to hone in on specific swimming skills (under water kicking, breakouts, breathing patterns) as well as to provide an aerobic fitness booster as we head into the Fall session. See below for dates and locations

August 23-27 (Monday- Friday)

@ Mack Pool

Senior/ Senior Select – 6:45-9 AM

Gold 8:45- 10:30 AM

Silver 9- 10:30 AM

Bronze (Mon-Thurs) 9:30-10:30 AM

August 30- September 3 (Monday-Friday)

@ Stonecrest Swim Club

Senior/ Senior Select 3:45- 5:30 PM

Bronze (Mon-Thurs) 5:30-6:30 PM

Gold 6:30 – 8 PM

Silver 6:45- 8 PM



***Friday September 3rd Schools are off so practice we will follow a morning routine:**

Senior/ Senior Select 6:30-8:30 AM

Gold 8:30- 10 AM

Silver 8:45-10 AM

No Bronze

Go PAAC!!