

MOMENTUM SWIM CONDITIONING @ NCC -

Registration Opens Friday November 15th, 2024

2025 WINTER SESSION 3

Open to Swimmers with swim team experience.

- At least 9 years of age and older
- Swimmers have knowledge of 4 strokes
- Swimmer is able to swim 50 yards on their own

6 Weeks - WINTER Session
JANUARY 13th - FEBRUARY 21st, 2025

3 DAY OPTION	2 DAY OPTION	2 DAY OPTION	1 DAY OPTION
<u>Mon/Thurs/Fri</u>	<u>Tues/Thurs</u>	<u>Thursday/Friday</u>	<u>Monday ONLY</u>
Cost: \$310	Cost: \$280	Cost: \$280	Cost: \$180
<p><u>Practice Time</u> <u>Monday</u> 6:00-7:00 PM <u>Thursday</u> 4:00-5:00 PM <u>Friday</u> 5:30-6:30 PM <u>Begins</u> Jan.13-Feb. 21</p>	<p><u>Practice Time</u> <u>Tuesday</u> 5:00-6:00 PM <u>Thursday</u> 5:00-6:00 PM <u>Practice Begins</u> Jan.14-Feb.20</p>	<p><u>Practice Time</u> <u>Thursday</u> 4:00-5:00 PM <u>Friday</u> 5:30-6:30 PM <u>Practice Begins</u> Jan. 16 - Feb. 21</p>	<p><u>Practice Time</u> <u>Monday</u> 6:00-7:00 PM <u>Practice Begins</u> Jan. 13th - Feb.17 <u>*NO PRACTICE*</u> Jan. 20 - *MLK*</p>

MOMENTUM SWIM CONDITIONING @ Central Park

Registration Opens Friday November 15th, 2024

2025 WINTER SESSION 3

This group includes 7- 8 Year Old swimmers with swim team experience.

- Swimmers **MUST** be able to swim across the pool with **NO** help.
- 6 year olds will be able to swim with this group **ONLY IF** they swam competitively in the summer Championship meets.

**6 Weeks - WINTER Session
JANUARY 13th - FEBRUARY 21st, 2025**

3 DAY OPTION	2 DAY OPTION	2 DAY OPTION	1 DAY OPTION
<u>Mon/Wed/Fri</u>	<u>Tues/Thurs</u>	<u>Wed/Fri</u>	<u>Monday</u>
Cost: \$310	Cost: \$280	Cost: \$280	Cost: \$180
<u>Practice Time</u> 3:45pm - 4:45pm	<u>Practice Time</u> 3:45pm - 4:45pm	<u>Practice Time</u> 3:45pm - 4:45pm	<u>Practice Time</u> 3:45pm - 4:45pm
<u>Begins</u> January 13th - February 21st <u>*Central Park*</u> Pool Facility is OPEN on MLK Holiday - We will have practice @ CP on Mon.Jan. 13th	<u>Practice Begins</u> Tues. Jan. 14th Through Thu February 20th	<u>Practice Begins</u> Wed. January 15th Through Friday Feb. 21st	<u>Monday Practice</u> ~January 13th ~January 20th ~January 27th ~February 3rd ~February 10th ~February 17th