



Seascope Sports Club Non-Competitive Swimteam



Swim Team workouts emphasize swimming for fitness while providing individual attention, instruction and assistance to aid in streamlining each individual's stroke. All ages welcome to join.

Participants should be comfortable swimming 25 yards of each stroke. We work on improving all strokes with drills and overall conditioning. Participants will learn how to use a pace clock, how to check target heart rate and will receive information on nutrition for athletes.

Level 4 graduates are encouraged to join Swimteam.

Swim Team Workout days/times
Tuesday/Thursday 5:00-6:00 p.m.
& Saturdays 10-11 a.m.

Exact session dates are listed on the Program for that Season.

Monthly fee: \$95(M)/\$105(NM)

Drop-in's welcome \$18/workout (M&NM). Late starts will be prorated at \$10/workout remaining in Session.

**Call the Seascope Sports Club Pro Shop to
register for Swim Team
(831) 688-1993 xt. 0**

**Call Tiffany Harmon for any questions or to
inquire about additional programming at
Seascope Sports Club**

www.SeascopeSportsClub.com
www.SeahorseSwimSchool.com